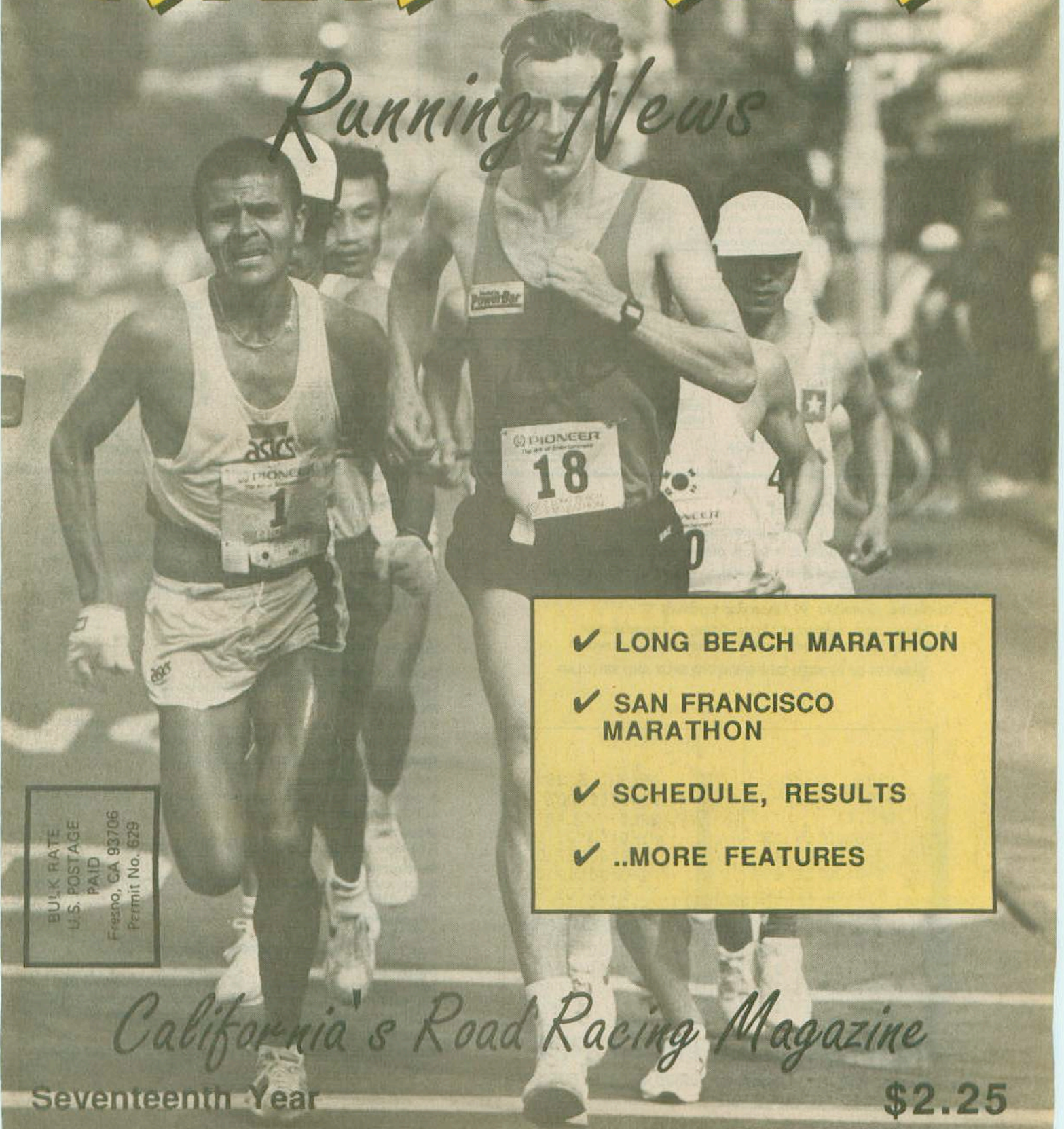


JULY / AUGUST 1991

ISSUE NO. 171

CALIFORNIA

Running News

- 
- ✓ LONG BEACH MARATHON
 - ✓ SAN FRANCISCO MARATHON
 - ✓ SCHEDULE, RESULTS
 - ✓ ..MORE FEATURES

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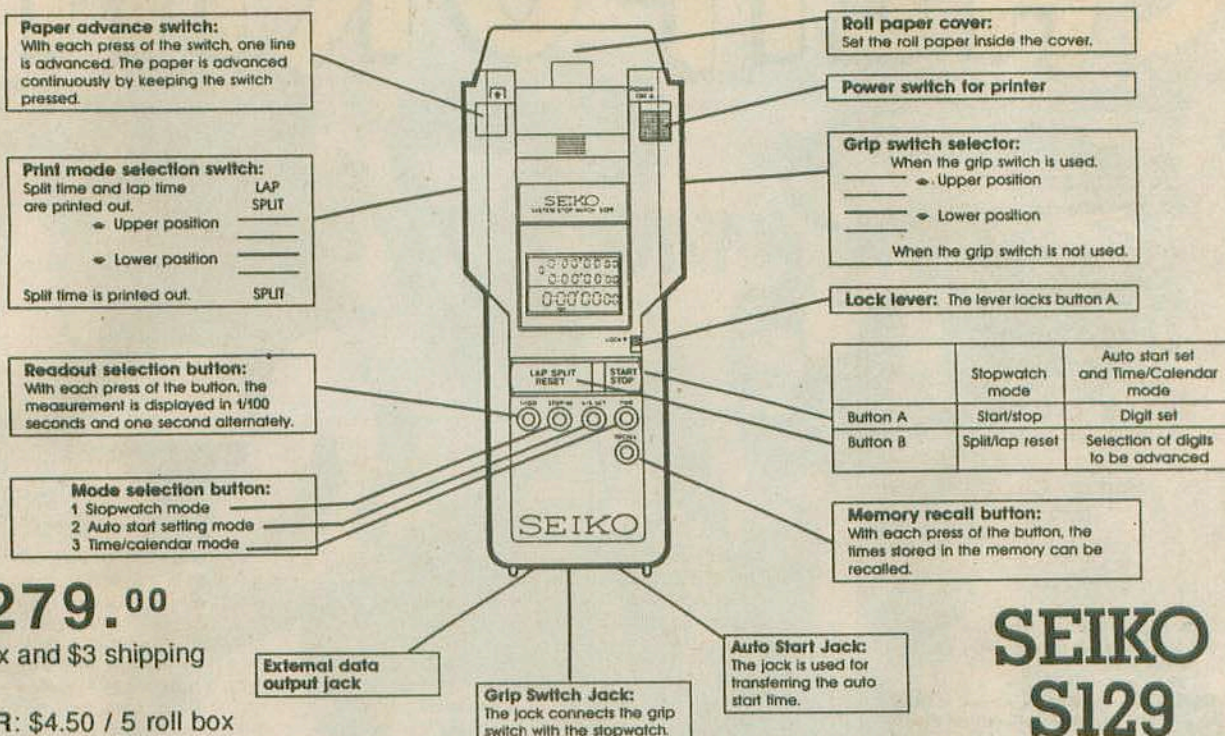
California's Road Racing Magazine

Seventeenth Year

\$2.25

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

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S129**

System Printer

The following data is printed permanently on tape:

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2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

Modes:

Split Time and Split/Lap Time, time of day and calendar.

Temperature:

Accuracy guaranteed ranges 23°F to 104°F; operational ranges 5°F to 131°F.

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).

Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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CALIFORNIA

Running News

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FROM THE EDITOR

We had a very enjoyable experience at the City of San Francisco Marathon. The race proved to be a real-life Cinderella story for overall men's winner Danny Martinez. See features on page 20. Probably the most valuable time for us was the two days spent at the Health and Fitness Expo. It was good to meet so many of our readers and to get important reader input.

At the Expo we had an ongoing photo I.D. contest. The contest consisted on 10 photos of local road racers. If a person could identify all ten they won a free subscription. The 10 photos were of: Judy Leydig, Mike Fanelli, Carmelo Rios, Patti Sue Plumer, Sal Vasquez, Bob Darling, Miguel Tibaduiza, Bill Seaver, Eileen Clausus and Matt Giusto. Only one person was able to identify all of them correctly. That person was Mike Fanelli. No wonder he's such a good race announcer - he knows all the runners. They've probably all passed through Hoy's Sports where he works.

Another interesting sidelight of the Expo was the variety of other marathon t-shirts worn by those in attendance. These are the ones we saw, in no particular order, included: LA Marathon, Long Beach Marathon, Napa Valley, Grandma's, Houston-Tenneco, Mardi Gras, New York, Big Sur, California International, Atlanta, Nurmi, Goodwill Games, Boston, Catalina Island, Portland, St. Louis, Pamakids San Francisco, Dallas White-rock, Duke City, Cour d'Alene, San Diego, Omaha Riverfront, Snake River, Western Hemisphere, Headlands Wolf Ridge, Vancouver, Avenue of the Giants, Humboldt Redwoods, Twin Cities, Chicago Old Style, Berlin, Maui, Charlotte Observer, Whiskey Row, Midnight Sun (in Nanisivik, Northwest Territory), Honolulu, Blue Angel, Long Island, Superbowl and Aptos. Wow!

Everyone expressed appreciation for the magazine and favored the recent split into two magazines. Favorite aspects of the magazine seemed to be the comprehensive schedule and results each month. The one criticism that continues to surface from readers is the lateness of each issue. We are attempting to remedy that situation by making the issue you are holding a double issue - July/August.

"What?" you are saying. Let me explain. As you know, during the past year we have been trying to implement the changes called for in last year's Reader Survey. One big improvement we have been wanting to make, but haven't been able to pull off yet, is getting our publication dates moved up ahead of the cover dates. For instance, we would like the July issue to come out before the first of July, August before the first of August and so on.

Over the last few years our biggest complaint has been that the magazine is always so late. Being a full-time college professor and coach, while Judy is a full-time mother, has made it easy to gradually slip behind a little more with each issue until we are at the point of coming out in the middle of the month of the cover date. Some of you were not receiving your issue in the mail until the end of the month. I can understand the complaints. Really.

Here's the idea for a plan to get us caught up. Rather than calling the issue that is coming out in the middle of July the "July issue," why not just call it the "August issue" and be early? Or, better, call it a double issue "July/August" so as not to lose a month. As you read this we are now working on the September issue that will come out in the middle of August.

"Whoa!" you are probably exclaiming right now. You ordered eleven issues a year and this means you will only get ten. Not fair! You want eleven. Right? The solution is to extend everyone's subscription one month. Check the mailing label and you will see that we have added one month to your expiration date. Fair enough? We get caught up, you get the number of issues you paid for.

What about the future? Can we stay on schedule? All we can do is try. I have retired from coaching so will be able to put more time into *California Running News*. Both daughters will be in school in September so Judy will have more time as well.

Now, get into this issue for some great California running information. I hope you enjoy reading it as much as we did putting it together.

Best wishes for a good summer,

ON THE COVER: SALVADOR GARCIA (#1) and DEREK FROUDE at the Long Beach Marathon. For details, be sure to read Richard Slotkin's story beginning on page 4.

Cover photo by Kenneth Lee

ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

Long Beach Marathon

May 5. Long Beach.

Salvador Garcia became the Long Beach Marathon's first repeat winner and he did it in the same way as he did last year: He hung back for about 19 miles, ran at the front until the 24 mile mark, then went like hell to the tape. It worked last year and it worked again this year.

That and those skimpy, white gloves that he wears.

Sure makes him easy to pick out of the crowd. And for 19 miles you needed it because Garcia had company--lots of it. At 14 miles, the lead pack was 8 strong: Two Koreans, 2 Japanese, a New Zealander and 3 Latinos. And, I mean to tell you, they were *serious*. Derek Froude, the Kiwi, had been leading since the clock was at 16:16, but he had been tailed, trailed, and nearly derailed by the Asian homeboys and *los corredores* from south of the Rio Grande.

By 15 miles, though, things were finally starting to break. One of the Koreans, Chung-Young Kim, suddenly came to a halt, apparently from a cramp. With the tenacity of a pit bull he had been hanging onto Froude's shoulder ever since the lead pack had formed. Kim never got back into it but he didn't quite either. He eventually showed up at the finish line at 2:46:17. No big deal except that it indicates just how dogged the competition really was.

Froude hung on until about 22 miles. By then there were only five of them left: Froude, now in 5th and fading, Isamu Sennai and Tomohiro Imamura from Japan, Graciano Gonzalez and Garcia from Mexico. You didn't need the white gloves to spot Garcia now. He was in the front alongside Gonzalez with the two Samurais breathing fire a step behind. Froude, though fading after having done all the work setting the pace, was still within reach if anyone began to falter.

Gonzalez was the one. He began to fade at 23 miles. Froude would catch him, but not the others.

Au contraire, Garcia exploded to a one hundred yard lead by 25 miles. He came across the finish line unattended in 2:16:08, but as he

looked over his shoulder, by golly, there was Sennai, just 10 seconds behind him and ten yards behind him was Imamura.

Froude held on for 4th with a 2:16:43 clocking, not that far behind Sennai and Imamura. Or Garcia, for that matter.

Fifth place was a bit of a surprise. Somewhere in the last mile Polin Belisle slipped by what must have been a really struggling Gonzalez. Belisle is from Belize and he claims to have represented it in the Seoul Olympic Marathon. I have seen him in the last three years at the Western Hemisphere Marathon in Cul-



MARIA TRUJILLO--50 yds from the finish

Photo by Richard Lee Slotkin

ver City and the best he has done there has been in the mid 2:30's. Today, he ran an impressive 2:17:39. I call that impressive because he would have won just about all but one of the marathons ever held at Culver City, and it's second only to Boston in longevity. Reminds me of the 12 minutes Martin Mondragon dropped from his PR to win the L.A. Mara-

thon in 1988 setting a still standing course record of 2:10:19. Sometimes it happens. Just ask Belisle.

Well fine, but that's all secondary to the real story. The real story at Long Beach this year was the women.

The race was designated as the TAC women's championship.

That was the good news.

There was bad news, too. It was not for nothing that Long Beach lost the Olympic Trials after having been awarded that honor for next year. They just couldn't come up with sufficient sponsorship to finance an event of the stature of the trials. The same problem causes Long Beach's prize money structure to be small-time, not to mention very top heavy; almost winner-take-all. So, no Samuelson, no Weidenbach, no Groos, damned near no anybody of top three potential. Why should the stars come? For a few thousand dollars and a medallion, and the possibility of representing the U.S. in the World Championship at Tokyo in August? Not when they can enter London, New York or Fukuoka and make some real money. Why not run Long Beach for the honor and one of the others for the money? Anyone who has run a marathon doesn't ask that question because they know that if you are going to run competitively, you better keep a lot of calendar between marathons. Or find ones that you can win with slow times. But those don't have much money.

Actually, with a first place prize of \$25,000 and \$9,000 more for the TAC title, that wasn't exactly a sharp stick in the eye. It's just that compared to \$50,000 and a Mercedes it doesn't seem worth the effort. And, as I indicated above, if you finish even as high as second, the take drops to \$9,000 plus \$6750 from TAC.

So, we had a pretty good field but not a great one. Certainly not a representative championship-of-all-TAC field. The pre-race smart money was leaning towards Gordon Bloch. The other favorite, Maria Trujillo was

continued next page...

ROAD RACE SPOTLIGHT

having none of that. Holder of a better PR, 2:28 compared to Bloch's 2:33, she took it to Bloch right from the start. Bloch gave it back though. Hanging close to Trujillo, she was usually within 20 yards and even passed the former *Mexicana* — She's an *Americana* now — twice, once at 10 miles and once again at 17. Trujillo regained the lead quickly the first time, ran with Bloch until the 20 mile mark the second time and then broke out to a 10 second lead, the biggest of the race. Trujillo claimed that she didn't surge; if anything, she was going slower than in the first half of the race. Bloch, she said, fell back because, "I think the weather was too hot for her because she trains in cold places. I'm used to it because I live in San Diego." Let me tell you, they should have been here last year when the temperature was in the 90's. Compared to that, this year was scarf and earmuff weather, even though it warmed up to the high 70's by the time Bloch and Trujillo reached 20 miles. Trujillo kept extending the gap all the rest of the way in, finishing in 2:35:50, totally demolishing the course record of 2:42:39, set just last year by Russian Zoya Gavryluk. Trujillo probably had it right about Bloch because Bloch was hustled off to the medical tent when she finished, apparently rather dehydrated, and it was reported that she was being given fluids intravenously. Whatever it was, she never did make it to the awards ceremony.

Anyway, Trujillo got her money and medalion plus a trip to Tokyo. Bloch, assuming she recovered, got her much less money, medalion and also a trip to Tokyo. Not because of today's time, which was 2:38:04, but because she already has run a sub 2:35 qualifying time. And, running a PR 2:38:45, 33 year old Kimball Dryden from Seattle took 3rd. Dryden got her much, much less money, medalion but no trip to Tokyo. Because, because she didn't meet the 2:35 qualifying standard.

And that's the rub. TAC holds a championship, gets flat out snubbed and then, in order to field a team at the World Championships to represent the Yewnited-TA DA-States of America, mighty TAC has to go, hat in hand, and off the 3rd place to one of the snubbers. To hell with them—give it to Dryden. She worked for it.

And don't ask me how I *really* feel about it.

Finally, will he ever slow down? Jim Knaub can claim the title of Father of Wheelchair Racing. He was the pioneer, the leader, the promoter, the tester of limits, the designer of the chairs and, don't forget, one hell of a racer.

So, what's new? Knaub won the wheelchair



"22 Miles — Ole and Banzai!"

From left: SALVADOR GARCIA, TOMOHIRO IMAMURA, GRACIANO GONZALEZ and ISAMU SENNAI.

Photo by Richard Lee Slotkin

division. His time was 1:38:47. Some people were still pinning on their numbers by the time Knaub was halfway through. Knaub, who lives right here in Long Beach, was almost 7 minutes ahead of second. The race there, though, was much tighter. Two seconds separated 2nd from 4th. With a slight downslope in the last 200 yards of the course, that must have been one spectacular finish. Robert Molinari, 2nd, Marty Vogel, 3rd, and William Fricke, 4th, were going fast enough to get cited by the Long Beach P.D. Not to mention getting into the highlights film.

The women's chair was won by another oldie-but-goodie, Candace Cable. Well, she's not *old* old, but she's been around, it seems, almost as long as Knaub, who isn't really *old* old either. Anyway, Cable's time was 1:57:44. Most of us will never break three hours and these so-called handicapped folks are breaking two hours.

Not bad, huh?

Division Results - Men

Overall Winners: 1. Salvador Garcia (27) 2:16:08, 2. Isamu Sennai (30) 2:16:18, 3. Tomohiro Imamura (26) 2:16:20, 4. Derek Froude (32) 2:16:43, 5. Polin Belisle (24) 2:17:39, 6. Graciano Gonzalez 2:18:03, 7. Alfredo Vigueras 2:19:33, 8. Alejandro Aros (23) 2:20:04, 9. Paul Herlihy (33) 2:21:00, 10. Jire Mutu (24) 2:21:50. **24 & Under:** 1. Polin Belisle 2:17:39, 2. Graciano Gonzalez 2:18:03, 3. Alfredo Vigueras 2:19:33, 4. Alejandro Aros 2:20:04, 5. Jire Mutu 2:21:50. **25-29:** 1. Salvador Garcia 2:16:08, 2. Tomohiro Imamura 2:16:20, 3. Juan Amores 2:28:28, 4. Kevin Broady 2:33:06, 5. Jon Butler 2:33:16. **30-34:** 1. Isamu Sennai 2:16:18, 2. Derek Froude 2:16:43, 3. Paul Herlihy 2:21:00, 4. Frank Shevlin 2:22:51, 5. Adolfo Lopez 2:28:37. **35-39:** 1. Gary Gargas 2:23:25, 2. Raymond Lees 2:36:48, 3. George Guerrero 2:40:54, 4. Nicolas Hernandez

2:43:51, 5. Bill Kissell 2:44:32. **40-44:** 1. John Ochs 2:39:28, 2. Dionisio Orozco 2:42:49, 3. Horacio Sanchez 2:49:42, 4. Steven Ware 2:51:27, 5. Charlie Hoover 2:54:10. **45-49:** 1. William Cortez 2:48:44, 2. Pablo Drobny 2:52:05, 3. Abe Valdez 2:54:21, 4. Charles Morton 3:02:12, 5. Alvaro Pena 3:05:24. **50-54:** 1. Joe Gassmann 2:58:18, 2. Paul Kearns 2:58:39, 3. Kent Holder 2:59:12, 4. Harry Cordellos 2:59:18, 5. Eckhart Siegert 3:02:01. **55-59:** 1. Andre Tocco 2:55:35, 2. Lee Samora 3:08:03, 3. Gordon Watson 3:08:55, 4. Leroy Kim 3:16:36, 5. Jim Scott 3:16:52. **60-64:** 1. Patrick Devine 3:10:47, 2. Jack Horne 3:18:52, 3. Don Jones 3:36:24, 4. Bob Koch 3:41:42, 5. Dan Sheeran 3:47:41. **65-69:** 1. Fred Nagelschmidt 3:28:55, 2. David Rinell 3:38:00, 3. Raymond Penkert 3:39:54, 4. Jim Dacolas 3:43:46, 5. Jack Goertzen 3:53:24. **70 & Over:** 1. Dutch Benedetti 4:17:14. **Wheelchair:** 1. Jim Knaub 1:38:47, 2. Robert Molinari 1:45:02, 3. Marty Vogel 1:45:03, 4. William Fricke 1:45:04, 5. Keith Dysert 1:50:18.

Division Results - Women

Overall Winners: 1. Maria Trujillo 2:35:50, 2. Gordon Bloch 2:38:04, 3. Kimball Dryden 2:38:45, 4. Kathy Bowman 2:39:59, 5. Kathleen Smith 2:43:39, 6. Peg Donovan 2:43:50, 7. Jill Costley 2:45:08, 8. Yeon-Gu Kim 2:45:51, 9. Rosalva Bonilla 2:45:54, 10. Debbie Williams 2:48:28. **24 & Under:** 1. Yeon-Gu Kim 2:45:51, 2. Debbie Williams 2:48:28, 3. Yan Yulian 2:55:48. **25-29:** 1. Kathy Bowman 2:39:59, 2. Kathleen Smith 2:43:39, 3. 2:45:54. **30-34:** 1. Maria Trujillo 2:35:50, 2. Gordon Bloch 2:38:04, 3. Kimball Dryden 2:38:45. **35-39:** 1. Helen Gilbey 3:02:48, 2. Kathy Britcliffe 3:04:30, 3. Julia McKinney 3:07:10. **40-44:** 1. Chie Matsuda 2:48:37, 2. Merle Heimberf 3:23:16, 3. Loretta Bronk 3:39:21. **45-49:** 1. Cherie Gruenfeld 3:22:39, 2. Nancy Mustard 3:42:10, 3. Margaret Neville 3:42:37. **50-54:** 1. Patricia Brumbalow 3:48:49, 2. Mary Dugan 4:01:59, 3. Maxine Tomisser 4:08:24. **55-59:** 1. Wen-Shi Yu 3:22:50, 2. Audrey Hauth 4:02:25. **Wheelchair:** 1. Candace Cable 1:57:44, 2. Deanna Sodoma 1:58:16, 3. Mary Thompson 2:45:49.

SCHEDULE

By Jack Leydig

Please send scheduling information directly to **Scheduling Editor, Jack Leydig**, P.O. Box 459, San Carlos, CA 94070.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

July 13 (Saturday):

Sacramento: Tri for Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Lake Castaic: International Biathlon & Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Montebello: One Mile Race, Grant Rea Park, 7:30 a.m. R.I.P. Racing Team, 2310 Havenbrook St., West Covina 91790.

So. El Monte: Legg Lake 5K Fishing Pole Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Rio Vista: Brannan Island "Out & Back" Triathlon, 900 Yd. Swim, 10 Mi. Bike, 3.8 Mi. Run, Brannan Island State Recr. Area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Elk Grove: Home Field Challenge, 5 & 10K, Elk Grove Park, 8 a.m. Ed Lombardi, 9800 Elk Grove-Florin Rd., Elk Grove 95624. (916) 686-8891.

San Pedro: San Pedro Bay 5K Run/Walk & 15K Relay (3-Person Teams), Cabrillo Marina, 8 a.m./5K, 8:10 a.m./Relay. San Pedro Peninsula Hospital Foundation, 1300 W. Seventh St., San Pedro 90732. (213) 832-3311, x6285.

Bakersfield: LAFR 20 Mile Run, Panorama

& Morning Dr., 6 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. Michael McQuerrey (805) 872-6984.

Morro Bay: Morro Bay to Cayucos 6 Mile Run, Morro Rock, 8:30 a.m. Morro Bay Recr. & Parks, 1001 Kennedy, Morro Bay 93442. (805) 77201214, x229.

San Diego: Julian Marathon, J. Martin Park, 7 a.m. Contact: Jerry Mitchell (619) 530-1674.

July 14 (Sunday):

Hayward: Sertoma Classic, 2 Mi. & 10K, Hayward Air Terminal (Skywest Dr. & golf course access road), 9 a.m. Irv Ford, 583 Monarch Ridge Dr., Walnut Creek 94596. (415) 935-6122.

Aptos/Seacliff: Hammer Head Endurance Triathlon, 1.2 Mi. Swim, 53 Mi. Bike, 10 Mi. Run, Rio Del Mar State Beach, 7:30 a.m. Northwind Promotions, Patrick Gilbert, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Los Altos Hills: Heels for Wheels 5K, Time TBA. Info: Rita O'Loughlin (415) 949-7321.

Newport Beach: Sports Club/Irvine Bastille Day 8K, Le Meridien Hotel, 8 a.m. UCPA/OC 8K, Race Central, P.O. Box 828, Rialto 92377. 714/557-4796.

So. El Monte: Legg Lake 5K Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Carlsbad: Carlsbad Triathlon, 1K Swim, 25K Bike, 5K Run, South Tamarack State Beach, Time TBA. Jill Prichard, 3096 Harding St., Carlsbad 92008. (619) 434-2856.

San Diego: Rubio's San Diego International Biathlon, 5K Run, 20K Bike, 5K Run, Time TBA. Info: Koz Enterprises (619) 441-7844.

Las Vegas, NV: Mt. Charleston Notch Run, 4 Mi., Kyle Canyon, 8 a.m. Info: (702) 382-3496.

Ukiah: Lake Mendocino Triathlon, 1/2 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Lake Mendocino, 8:30 a.m. (250 Limit). Ted Leon, 308 Upper Terr., San Francisco 94117. (415) 731-4071.

Ventura: Gene Cagnacci Memorial 10K Run/5K Walk, San Buenaventura State Beach Park, Time TBA. Easter Seal Society, 10730 Henderson Rd., Ventura 93004. (805) 643-1104. Gary Tuttle.

Lancaster: Antelope Valley Mall Wellness 5K & 2K Kiddie Run, Antelope Valley College, 7 a.m./2K, 7:30 a.m. Antelope Valley College (Track), Attn: Mark Kovert, 3041 W Avenue K, Lancaster 93536.

Ontario: U.S. National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Airport Hilton, 7 a.m. Info: ESCO (714) 466-0952.

San Francisco: DSE Parnassus Heights Run, 3.24 Mi., Clarendon at 7th Ave. & Laguna Honda Blvd., 10 a.m. Info: (415) 978-0837.

Santa Barbara: Chuck's Beach Run, 10K, Leadbetter Beach, 8 a.m. Info: Steve Hislop. (805) 687-4417.

San Diego: San Diego Wildlife 10K, Balboa Park, 7:30 a.m. Info: Lyn Lacey (619) 466-3127.

Pacific Beach: Crystal Pier 9K, 7:45 a.m. Info: Valerie Stallings (619) 483-6666.

July 16 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

Bakersfield: BTC Handicap 5K, 1/2-Mi. east of Hart Park on Alfred Harrell Hwy., 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 871-8741.

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Info: Gary Peterson, c/o San Diego T.C., P.O. Box 7853, San Diego 92107.

July 18 (Thursday):

So. El Monte: Legg Lake 5K Carrera de Noche, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m./3 Mi. Info: Bill Duley (818) 992-6219.

Los Angeles: Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Race Central, P.O. Box 828, Rialto 92377. (800) 698-8699.

July 19 (Friday):

Bakersfield: BTC 12-Hour Run, 8 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

SCHEDULE

July 20 (Saturday):

Pleasanton: Tri for Fun Triathlon, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. (350 Limit). Fleet Feet Sprints, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

Santa Rosa: Vineman Triathlon & Half Vineman Triathlon, 2.4 Mi. Swim, 112 Mi. Bike, 26.2 Mi. Run or 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, 7 a.m. (8:30 a.m./Half). Vineman Triathlon, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

Bakersfield: BTC 12-Hour Run, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

So. El Monte: Legg Lake 5K Fish Bait Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Camarillo: High-Tech Trek 5 & 10K and 1 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1 Mi. Rufo Quemuel, Infotec Development, 150 Camino Ruiz, Camarillo 93010. Gary Tuttle (805) 643-1104.

Las Vegas, NV: Las Vegas TC 10K, Silver Bowl (near Russell Rd. & Boulder Hwy.), 7 a.m. Info: (702) 382-3496.

Sacramento: Eppie's Great Race, 5.82 Mi. Run, 12.5 Mi. Bike, 6.3 Mi. Paddle, 7:58 a.m. The Great Race, c/o 3711 Branch Center Rd., Sacramento 95827. (916) 366-2126.

Vacaville: Vaca Valley Fun Run, 5 & 10K, Vaca Valley Hospital (1000 Nut Tree Rd.), 7:30 a.m. North Bay Healthcare Fndn., 1800 Pennsylvania Ave., Fairfield 94533. (707) 429-7791.

Lake Tahoe: Spooner Lake Half Marathon & 10K, Nevada State Park (Spooner Lake), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Castaic Lake: Tri-Fed/USA Long Course Nat'l. Duathlon Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Tri-Events, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

Fairfield: KUIC Health & Fitness Expo '91 Fun Run/Walk, 4 Mi., Ranch Solano Country Club, 8 a.m. KUIC Broadcasting, 600 E. Main, Vacaville 95688. (707) 446-0200.

San Diego: Lions-Padres 10K, JM Stadium, 7 a.m. Contact: Vicki Wierig (619) 239-7264.

San Diego: Pala 5K, Location TBA, 8 a.m. Contact: Mike Martin (619) 749-1410.

July 21 (Sunday):

Brisbane: Hitachi/Brisbane Marina Run/

Walk, 5K and 1 Mi., Sierra Point Marina (Unisys Bldg.), 9 a.m. Brisbane Recr. Dept., Jane Brown, 150 No. Hill Dr., Suite 40, Brisbane 94005. (415) 467-6330.

Mill Valley: Tamalpa Club Run Series - China Camp, Distance & Time TBA. Info: Russ Kieman (415) 388-7919.

Palo Alto: Bay to Breakfast 5 & 10K Runs, Baylands Athletic Center (Embarcadero & Geng Rd.), 8:30 a.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Castaic Lake: Castaic Lake International Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Bill Fulton, Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

So. El Monte: Legg Lake 5K Running Creek Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Occidental: Occidental Country Run, 3K & 10K, Downtown Community Center, 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Truckee: Donner Lake Triathlon, 0.9 Mi. Swim, 24.8 Mi. Bike, 6.2 Mi. Run, Time TBA. A Change of Pace, 221 G Street, Suite 205, Da-

vis 95616. (916) 757-6017.

San Francisco: DSE Little Marina Green, 4.4 Mi., 10 a.m. Info: (415) 978-0837.

Oxnard: Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Time TBA. Laura Klein Mosqueda, Oxnard Parks & Recr., 325 South A Street, Oxnard 93030. (805) 984-4643.

July 23 (Tuesday):

Bakersfield: NBRPD Biathlon, 1 1/2 Mi. Run, 10 Mi. Bike, 1 1/2 Mi. Run, 7 p.m. Contact: Paul Mackey (805) 392-2000.

July 25 (Thursday):

So. El Monte: Legg Lake 5K Evening Raccoon Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m./3 Mi. Info: Bill Duley (818) 992-6219.

Costa Mesa: Summer Shadow Run Series. 3 mile. Fairview Park. Charlie Appel (714) 540-2368.

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SCHEDULE

July 26 (Friday):

Davis: Davis Dusk Run, 5K, Davis Community Park, 7 p.m. Brett or Ronnie, 517 Second St., Davis 95616. (916) 758-6453.

July 27 (Saturday):

Geyserville: Lake Sonoma Triathlon, 1 Mi. Swim, 10K Run, 25 Mi. Bike, Lake Sonoma, 7:30 a.m. (400 Limit), Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Quincy: Triathlon Fever, 0.5 Mi. Swim, 17.5 Mi. Bike, 6 Mi. Run, Buck's Lake (Lake Shore Lodge), Time TBA. Roger Holden, Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Eureka: Humboldt Tri-Kids Triathlon, (7-10: 100 Yd. Swim, 3 Mi. Bike, 1/2 Mi. Run: 11-14: 200 Yd. Swim, 6 Mi. Bike, 1 Mi. Run), College of the Redwoods, Time TBA. Maria Neely, 21 Lindholm, Bayside 95524. (707) 822-8392.

So. El Monte: San Gabriel River 12K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Cypress: Cypress 5 & 10K, 5700 Orange, 7:30 a.m. June Liu, Cypress Recr. & Park District, 5700 Orange, Cypress 90630. (714) 229-6780.

Las Vegas, NV: Las Vegas TC 5K X-Country & Picnic, Tule Springs, (Floyd R. Lamb State Park), 7 a.m. Info: (702) 382-3496.

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Johnserville: Gold Rush Marathon & Half Marathon, Plumas Eureka State Park, New course, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

July 27 (Saturday):

Muir Beach: Summer Solstice Marathon, 12K & 31K, (Marathon & 31K start at Muir Beach; 12K at Mtn. Home Inn), 8 a.m./Mara. & 31K, 9 a.m./12K. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Los Angeles: Run for World Peace, 5 & 10K, Griffith Park, 7:45 a.m./5K, 8:15 a.m. World Peace Run, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

July 28 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi. Run & Relay (3/Team), Aquatic Park, 8 a.m. Info: (415) 540-0934.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Lake Merritt (old Boathouse, 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

San Jose: Danskin Women's Triathlon Series, 0.8K Swim, 20K Bike, 5K Run, Lake Cunningham, 8 a.m. Gloria West, Inc., 316 N. Appleton, Appleton, WI 54911. Diane Lydon: (415) 389-7031.

✓ **Santa Cruz:** Wharf to Wharf Race, 10K, Santa Cruz Wharf, 8:30 a.m. (12,000 Limit), Kirby Nicol, P.O. Box 307, Capitola 95010. (408) 475-2196.

So. El Monte: Legg Lake 5K Watermelon Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE USSSF Monument to Baker Beach and back, 6.5 Mi., Parking lot above Clement & El Camino Del Mar (48th Ave.), 10 a.m. Info: (415) 978-0837.

Mill Valley: Mill Valley 5K, Mill Valley Middle School (Camino Alto & Sycamore), 8:30 a.m./Men, 9:15 a.m./Women Race Day Reg. Only: Free Entry, Info: Tamalpa Runners (415) 383-3961.

Fremont: Fitness Festival 5 & 10K, Schoeber's A.C., 8:15 a.m./5K, 8:30 a.m./10K. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (415) 796-MILE.

Courtland: Pear Fair 5 & 10 Mile, Bates Elementary School, 8 a.m. E-Z Casuals, Attn: Pear Fair Activities, E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

Eureka: Cox Cable "Run for Goodwill", 2 Mi. & 10K, Old Town (The Gazebo), 9 a.m./Walk, 9:30 a.m./Run. Cox Cable Humboldt, Attn: Wendy, 911 W. Wabash, Eureka 95501. (707) 443-3127.

Bakersfield: LAFR 16-Mile Run, Panorama & Mourning Dr., 6 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. Michael McQuerrey: (805) 782-6984.

San Luis Obispo: San Luis Obispo Recreation & Parks Dept. Triathlon, 1/2 Mi. Swim, 15.3 Mi. Bike, 3.7 Mi. Run, Time TBA. Rich Ogden, San Luis Obispo Recr. Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7305.

Santa Barbara: Fiesta 20K Point to Point Footrace, Goleta Beach (to Leadbetter Beach), 8 a.m. Steve Bushey, 4525-A Carpinteria Ave., Carpinteria 93013. (805) 684-2301.

La Mirada: Gene Haskell Memorial 2-

Person 14-Mile Relay, La Mirada Regional Park, 2 person teams alternate 1.4 Mile laps, 8 a.m. Ken Ganezer, 2216 Camden Ave., Los Angeles 90064. (213) 396-5333.

Los Angeles: 5K and 1 Mile Run for Fitness, White Memorial Hospital, 1720 Brooklyn Ave., 8 a.m. Hollenbeck Police Business Council, 2015 E. first St., Los Angeles 90023. (213) 263-4989.

July 30 (Tuesday):

Bakersfield: BTC Handicap 5K, 1.2-Mi east of Hart Park on Alfred Harrell Hwy., 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 871-8741.

Eureka: Cox Cable "Run for Goodwill" 10K & 2 Mi., The Gazebo in Old Town, 9 a.m./Walk, 9:30 a.m./Run. Attn: Wendy, Cox Cable Humboldt, 911 W. Wabash, Eureka 95501. (707) 443-3127.

July 31 (Wednesday):

So. El Monte: Legg Lake 5K Evening Fish Dock Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 1 (Thursday):

So. El Monte: Legg Lake 5K Evening Fish Hook Fun, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219.

August 2 (Friday):

Orange: 12 & 24 Hour Runs, Location & Time TBA. Info: Don Pycior (714) 538-8338.

August 3 (Saturday):

Sacramento: Tri-For-Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Squaw Valley: Mountain Run, 3.6 Mi. (2,000 ft. climb), 9:15 a.m. Holly Beattie Farr, c/o Image Promotions, P.O. Box 2575, Olympic Valley 95730. (916) 426-9559.

San Luis Obispo: RRCA 5K Distance Festival, Laguna Lake Park, 8:30 a.m./Women, 9:15 a.m./Men (No Pre-Entry). San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. (805) 544-9320.

Big Bear Lake: Big Bear Mountain Bike Biathlon, 5K Run, 15K Bike, 5K Run, Time TBA.

Mark Knowlden, c/o Go Sprots, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

✓ **Bass Lake:** Run Through the Pines. Half Marathon & 4.5 Mile. 7:00 a.m. California Running News, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535 or 255-4904.

So. El Monte: Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Lake Gregory: Run Through the Pines. 5K & 10K. Lake Gregory Regional Park. (714) 387-2594.

Las Vegas, NV: Mt. Charleston Forest Challenge, 18 Mi., 6 a.m. Info: (702) 382-3496.

Inverness: Drakes Bay Half-Marathon, Marathon & 5 Mi., Limantour Beach (Pt. Reyes Nat'l. Seashore), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Bakersfield: Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Paula: Citrus Festival 10K Run, Glenn City High School (Steckel & Main), 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003 (805) 643-1104.

San Diego: Balboa 8 Mile, Balboa Park, 7 a.m. Info: San Diego T.C. (619) 452-7382.

San Diego: Sierra Club 10K, U.C. San Diego, 5 p.m. Info: In Motion (619) 268-5882.

NAS Miramar: Fightertown 10K, 7:15 a.m. Info: Jean McNair (619) 537-4125.

August 4 (Sunday):

Castro Valley: Skyline 50K, Lake Chabot Park, 7 a.m. Sunny Plouvier, 461 Diehl Ave., San Leandro 94577. (415) 562-4629.

Larkspur: Asher Clinic Couple Relay, 2x2 Mi. Larkspur Landing (Asher Clinic), 10 a.m. Asher Clinic, 1601 Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

Pacific Grove: The Invitational 10K Run, 5K Walk, Lover's Point (Ocean View & 17th), 8:45 a.m./Men, 9 a.m./Women. YWCA, 801 Lighthouse Ave., Monterey 93940. (408) 649-0834.

So. El Monte: Legg Lake 5K Jack Rabbit Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Irvine: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Time TBA. Coors Light Biathlon Series, P.O. Box 236, Lake Oswego, OR. 97034. (503) 655-4721.

San Francisco: DSE Mission Rock Run,



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Runner's Number
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SCHEDULE

3.5 Mi., Third St. at Mission Rock, 10 a.m. Info: (415) 978-0837.

Antioch: King of the Hill Biathlon, 2 Mi. Run, 10 Mi. Bike, Contra Loma Regional Park, (mountain bike), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.
Corralitos: Big Head Biathlon World Championships, 2.5 Mi. Run, 16 Mi. Bike, 2.5 Mi. Run, Bradley Elementary School, 8:15 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Bakersfield: LAFR 14.4 Mi. Run, Panorama & Mourning Dr., 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. Michael McQuerrey: (805) 872-6984.

August 6 (Tuesday):

Bakersfield: NBRPD Biathlon, 1 1/2 Mi. Run, 10 Mi. Bike, 1 1/2 Mi. Run, 7 p.m. Info: Paul Mackey (805) 392-2000.

August 8 (Thursday):

Costa Mesa: Summer Shadow Run Series. 3 mile. Fairview Park. Charlie Appel (714) 540-2368.

So. El Monte: Legg Lake Evening Cougar Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219.

August 10 (Saturday):

Truckee: Kingsbury Summer Biathlon Series, 5K Run & Shooting (22-Cal. Rifle), Time TBA. Chuck Lyda, Auburn Ski Club, P.O. Box 829, Soda Springs 95728. (916) 426-3313.

San Dimas: Steamboat Tri-athlon, 500 Yd. Swim, 20K Bike, 4K Run, Bonelli Park, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

So. El Monte: San Gabriel River 12K Antelope Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC 10K & 2 Mi., Silver Bowl (Near Russell Rd. & Boulder Hwy), 7 a.m. Info: (702) 382-3496.

Mill Valley: Mt. Tamalpais 5, 11 & 18 Mi. Runs, Mtn. Theatre, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Felton: Borland International Turbo 10K, Henry Cowell Redwoods State Park (Mt. Hermon exit off Hwy 17), 9 a.m. Borland International, P.O. Box 660001, Scotts Valley 95067. (408) 439-1629.

Ventura: American Style 4K & 8K Cross

Country, Arroyo Verde Park, 8:30 a.m./4K, 9 a.m./8K. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

Huntington Beach: Distance Derby, 12.5, 3 & 10 Mi., Huntington Beach Pier, 8 a.m. Bob Werth, Community Services, 2000 Main St., Huntington Beach 92648. (714) 536-5262.

San Diego: MADD Run for Fiscal Fitness, Balboa Park, 7:30 a.m. Info: Toni Deal (619) 272-8316.

August 11 (Sunday):

Alameda: Alameda Run for the Parks, 10K & 2 Mi., Southshore Shopping Center, 9 a.m. Alameda Rec. & Park Dept., City Hall, Rm. 201, Alameda 94501. (415) 522-4100, x227.

Quincy: Feather River Classic, 5K & 10 Mi., Pioneer Park (Fairgrounds Rd.), 8:30 a.m. Roger Holden, Central Plumas Rec. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

San Clemente: Fiesta 5000, Location & Time TBA. Info: (714) 492-1131 or (714) 661-6062.

Carpinteria: Gary Tuttle's Distance Running Camp (6 days). Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

So. El Monte: Legg Lake 5K Fly Fishing Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. at Ocean Beach (to McLaren Lodge & back), 10 a.m. Info: (415) 978-0837.

Healdsburg: River of No Return Pentathlon, 1/2 Mi. Swim, 10 Mi. Canoe, 0.3 Mi. Canoe portage, 9.3 Mi. Run, 20 Mi. Bike, (Individuals or 2-person Teams), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Los Angeles: Samurai Nisei Week 5K Run, First & Central (Japanese Village Plaza), 8 a.m. Samurai 5K, 2700 W. 182nd St., Suite 200, Torrance 90504. (213) 450-1212.

Irvine: Village of Northwood 5 & 10K Runs for Make a Wish, Northwood Community Park (Bryan & Yale), 8 a.m. Dave Winslow, 4222 Escudero Dr., Irvine 92720 (714) 857-1370.

August 13 (Tuesday):

Bakersfield: BTC Handicap 5K, 1/2-Mi east of Hart Park on Alfred Harrell Hwy., 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 781-8741.

August 15 (Thursday):

So. El Monte: Legg Lake 5K Evening Duck Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219.

August 16 (Friday):

Palo Alto: TGIF 5K & 10K, Baylands Athletic Center (Embarcadero & Geng Rd.), 6:30 p.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

August 17 (Saturday):

Redwood City: Bay Area Bank/Sequoia YMCA 5K & 10K Fun Run, Location TBA, 8 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

Los Gatos: Dammit Run, 6.9 Mi., Los Gatos H.S. Track, 8:30 a.m. "Athletic Performance", 55 W. Main St., Los Gatos 95030. (408) 354-7365.

Pleasanton: Tri-For-Fun Triathlon, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliff's Regional Park, 7 a.m. (350 Limit). Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

Novato: San Marin Bi-For-Fun Biathlon, 1.5 Mi. Run, 14 Mi. Bike, 1.5 Mi. Run, San Marin Plaza, 8 a.m. (non-competitive event). Far-Go Bike Shop, 194 Northgate #1 Ctr., San Rafael 94903. (415) 472-0253.

Petaluma: Stride For Life Run/Walk, 10K & 2 Mi., Walnut Park ("D" St. & Petaluma Blvd. South), 8 a.m. Petaluma Valley Hospital Fndn., 191 Lynch Creek Way, Petaluma 94954. (707) 778-7441.

Sacramento: Susan B. Anthony 5K, Glen Hall Park, 8 a.m. Buffalo Chips R.C., P.O. Box 19908, Sacramento 95819. (916) 965-3847.

Susanville: Main Street Mile, Main & Lassen Sts., 10 a.m. Jim Reichle, 607 Willow St., Susanville 96130. (916) 257-6405.

Sacramento: Rainbo Ironkids Triathlon (2 Days), 7-10: 100m Swim, 5K Bike, 1K Run; 11-14: 200m Swim, 10K Bike, 2K Run, Location and Time TBA. Traksports, 5049 Flyer Ave., St. Louis, MO. 63139. (314) 241-8100.

Mammoth Lakes: Mammoth Mountain Marathon & Half Marathon, Mammoth Mountain Inn (Hwy. 395), Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Grover City: Dune Run-Run. 5 & 10K. 9



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SCHEDULE

a.m. Grand Ave. Beach Access Ramp. Grover City Chamber of Commerce, 177 S. 8th St., Grover City 93433 (805) 489-9091.

So. El Monte: Legg Lake 5K Jaguar Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC 2 & 5 Mile, Tule Springs (Floyd R. Lamb State Park), 7 p.m. Info: (702) 382-3496.

Bear Valley: Alpine 10K Series, 10 a.m. Alpine County Chamber of Commerce, Box 265, Markleeville 96120. (916) 694-2475.

Angel Island: Romancing the Island 10K, 10 a.m. (9:15 a.m. chartered ferry from Tiburon only), 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

August 18 (Sunday):

San Francisco: DSE Roller Coaster Run, 5K, Mountain Lake Park (west end) at 12th Ave. & Lake St., plus 0.5 Mi. Kids' Run, 9:30 a.m./0.5 Mi., 10 a.m. Info: (415) 978-0837.

San Francisco: Presidio 10 Mi. & 3 Mi., Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94104. (415) 781-6785.

Santa Cruz Area: Sandman Triathlon, Distances, Location & Time TBA. Info: (408) 684-1522.

Bear Valley: Alpine 10K Series, 10 a.m. Alpine County Chamber of Commerce, Box 265, Markleeville 96120. (916) 694-2475.

Reno, NV: Pyramid Lake Triathlon, 1.5K Swim, 40K Bike, 10K Run, Sutcliffe, 9 a.m. Mark Buettner, P.O. Box 9343, Truckee 95737. (916) 582-1108.

Goleta: McConnell's Ice Cream's Annual Endurance Events, 5K Run/Walk, 10K Run, Biathlon (10K Run, 1 Mi. Swim), Kid's Mile, Goleta Beach County Park, 8:30 a.m./5K, 9:15 a.m./10K & Biathlon, 11 a.m./Mi. Endurance Events, 119 Cooper Rd., Santa Barbara 93109. (805) 963-7524 Kevin Young.

Lancaster: Antelope Valley Mall Wellness 5K & 2K Kid's Run, Antelope Valley College, 7 a.m./2K, 7:30 a.m. Mark Covert, Antelope Valley College (Track), 3041 W. Avenue K, Lancaster 93536.

So. El Monte: Legg Lake Blue Jay Run, Distance TBA, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: ARCO/America's Finest City Half-Marathon, Balboa Park (Cabrillo Nat'l. Monument), 7 a.m. American Lung Assoc.,

P.O. Box 3879, San Diego 92163. (619) 297-3901.

August 19-23 (Mon.-Fri.):

Grouse Ridge: High Altitude Running Camp & Clinic, near Nevada City. Nick Vogt, Christian Runner's Ass'n., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

August 21 (Wednesday):

San Jose: ~~Cancelled:~~ Union Bank Heart of the City 5K Run (also Corporate Teams: 2 women, 3 men), Almaden & San Fernando, 6:30 p.m. Union Bank, 99 Almaden Blvd., San Jose 95113. (408) 279-7746.

August 22 (Thursday):

Costa Mesa: Summer Shadow Run Series, 3 mile. Fairview Park. Charlie Appel (714) 540-2368.

So. El Monte: Legg Lake 5K Evening Turtle Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219.

August 24 (Saturday):

Bishop: 50K Mule Run, Millpond Recreation Park, 7 a.m. (Pre-Entry Only) (Part of So-Cal Grand Prix Ultra Series). Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211.

San Francisco: Reach-Ride-Run Triathlon, Windsurf, 5 Mi. Bike, 8K Run, Presidio (Crissy Field), Time TBA. Events West, 99 E. Blithedale, Mill Valley 94941. (415) 383-9378.

Guerneville: Run for the Ducks 8K, Johnson's Beach, 8 a.m. Stewart Cilley, CPA, 9 Page St., Cotati 94931. (707) 795-5110.

Davis: Great North Triathlon - Sprint, 0.5K Swim, 20K Bike, 5K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

So. El Monte: Legg Lake 5K Woodpecker Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Angeles: Orange County Blue Angels 8K Cross Country (SCA/TAC District Championship), Elysian Park (Police Academy), 8 a.m. Bob Hickey, 9352 England, Westminster 92683. (714) 891-5529.

So. Lake Tahoe: World's Toughest Triathlon (Nat'l. Ultra Distance Championship), 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA.

Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (916) 573-0103.

Las Vegas, NV: LVTC 5K, Silver Bowl (near Russell Rd. & Boulder Hwy), 7 a.m. Info: (702) 382-3496.

Pt. Reyes National Seashore: Out Where the Tule Elk Roam, Pierce Point (10 Mi. north of Inverness), 10 a.m. Info: (415) 978-0837.

Manitou Springs, CO: Pikes Peak Marathon (Sun.) & Ascent only/13.4 Mi. (Sun.), Time TBA. Triple Crown of Running, Box 38235, Colorado Springs, CO. 80937. (719) 473-3635.

August 25 (Sunday):

Oakland: Time Is On Your Side Run, 5K, 10K & 5K Walk, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. (Estimate Your Time). Info: (415) 530-9151.

Walnut Grove: Catfish Jubilee 5 Miler, Paul Barns Park (Theater St.), 8 a.m. Race Ready Management, P.O. Box 1295, Broderick 95605. (916) 372-7367.

Davis: Great North Triathlon - International Distance, 1K Swim, 40K Bike, 10K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Reno, NV: Silver State Marathon, Half Marathon & 10K, Bowers Mansion County Park (18 Mi. south of Reno on U.S. 395), 6 a.m./Mara., 7 a.m. Silver State Striders, c/o Judy Martin, 4840 Cool Springs Dr., Reno, NV. 89509. Fred: (702) 323-4566. (No Raceday Registration).

So. El Monte: 12K San Gabriel River Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Big Bear Lake: Big Bear Triathlon, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Knowlden, Go Sports, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

San Diego: Imperial Beach Multi-Sport Championships, (Triathlon): 1.5K Swim, 25K Bike, 5K Run; (Biathlon): 5K Run, 25K Bike, 5K Run; Imperial Beach Pier, Time TBA. Special Events Marketing & Management, P.O. Box 5031, San Diego 92165. (619) 441-7844.

San Francisco: DSE Biathlon, 2.5 Mi. Run, 0.5 Mi. Swim, Dolphin Club, 10 a.m. Info: (415) 978-0837.

Yountville: Exertec Fitness Center Biathlon, 4.4 Mi. Run, 13.8 Mi. Bike, Yountville Park (Washington & Monroe), 8 a.m. Doug Dierlam/Scott Patch, Exertec, 920-A Yount St., Napa 94559. (707) 226-1842.

SCHEDULE

Merced: Run for Justice, 10K & 1.5 Mi. Fun Run, 21st & N Sts. (Merced County Courthouse), 7:30 a.m. Dennis Cornell, 728 W. 19th St., Merced 95340. (209) 725-0804.

Pismo Beach: Pismo Beach Sea Venture Triathlon, 1.5K Swim, 40K Bike, 10K Run, Pismo Beach Pier, Time TBA. Wally Barnick, Sea Venture Hotel (events & Promotions), 290 Pismo St., San Luis Obispo 93401. (805) 544-4444.

Westlake Village: Dick Durand 8K Trail Run, Westlake Elementary School, 8 a.m. **(No Pre-Entry)**. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

San Diego: Yellow Ribbon Run, 10K, Waterfront, Time TBA. Info: (619) 275-5440.

August 29 (Thursday):

So. El Monte: Legg Lake 5K Fishbone Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Info: Bill Duley (818) 992-6219.

Huntington Beach: Sunset in the Park, 2.8 & 4.8 Mi. Run, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m./4.8 Mi. Oscar Rosales, The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

August 31 (Saturday):

So. El Monte: San Gabriel River 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: 5 Mi. & 2.5 Mi. Runs & Picnic, Tule Springs (Floyd R. Lamb State Park), 7 a.m. Info: (702) 382-3496.

Marin Headlands: Escape from Marin Marathon, Half-Marathon & 8 Mi., Ft. Baker (H-M and Mara), Rodeo Beach (8 Mi.), 8 a.m./H-M & Mara., 9 a.m./8 Mi. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

San Diego: 4 Mile Cross-Country, Balboa Park, 7:30 a.m./40+, 8 a.m./Women, 8:30 a.m./Men. Info: San Diego T.C. (619) 452-7382.

September 1 (Sunday):

So. El Monte: San Gabriel River 5K Run, 9 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Daly City: Daly City Scenic Run, 6.8 Mi., Colma School (E. Market & Hillside), 10 a.m. Info: (415) 978-0837.

Mt. Tamalpais: Mt. Tamalpais 10K Road

Race, Rock Springs/Mtn. Theatre parking lot (above Pantoll Ranger Station), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

September 2 (Monday):

Lodi: Run for the Square 5K & 10K, Hutchins Street Square Field, 8:30 a.m. Field/Fair Day Office, 125 So. Hutchins St., Suite H, Lodi 95240. (209) 333-7863.

Auburn: "Average Joe" Biathlon, 6.1 Mi. Run, 7.45 Mi. Bike, Bowman Elem. School, 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Auburn: Stage Coach Mountain Run, 10.45 Mi., Bowman Elementary School, 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

So. El Monte: Legg Lake 8K Labor Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Pinole: Miniman Triathlon, 250 Yd. Pool swim, 2 Mi. Run, 8 Mi. Bike, Pinole City Pool (2450 Simas Ave.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mt. Baldy: Mt. Baldy Run-to-the-Top, Approx. 8 Mi., Mt. Baldy Ski Lifts, 9 a.m. Mt. Baldy Run-to-the-Top, P.O. Box 681, Mt. Baldy 91759. (714) 981-9790.

Ventura: Labor Day 2 x 5K Couples Relay (Male/female couples only), Holiday Inn, 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

September 2 (Monday):

Seattle, WA: The Sister Cities Half Marathon, 13.1 Mi., 9 a.m. Capers Sports. (206) 522-7788.

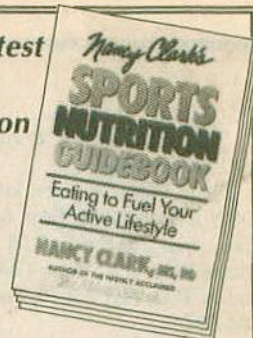
September 7 (Saturday):

Volcano, CA: The Jug and Rose 7.7 Mile Run & Open Walking Race, 7:30 a.m. Amador High School, Broadcast/Skip, 330 Spanish St., Sutter Creek 95685.

San Francisco: Golden Gate Park Cross-Country Series, 4 Mi., Lindley Meadow (30th & J.F.K. Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-1215.

Bollinas Ridge: Bollinas Ridge Wild Boar 18 Mi., 9 Mi. & Marathon, Five Brooks trailhead (Hwy. 1 between Olema & Stinson Beach) for 18 Mi. & Marathon, Bollinas/Fairfax & Ridgecrest intersection for 9 Mi., 9 a.m./18 Mi. & Mara., 10 a.m./9 Mi. Enviro-

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SCHEDULE

Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Clovis: Clovis West Triathlon for Kids, 7-10 Yrs. (100 Yd. Swim, 3 Mi. Bike, 0.5 Mi. Run), 11-14 Yrs. (200 Yd. Swim, 6 Mi. Bike, 1 Mi. Run), Clovis West H.S., Time TBA. Tri-Harder Productions, P.O. Box 25610, Fresno 93729. (209) 434-6248.

Lompoc: Park to Park 8 Mi. Run, Miguelito State Park, 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Joe Carey: (805) 935-4513.

So. El Monte: Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

September 8 (Sunday):

Danville: Danny Foundation Run, 4-Person Marathon Relay & 50 Mi. Endurance Run, San Ramon Valley H.S., 6 a.m./Ultra, 8 a.m./Relay. The Danny Foundation Relay/Ultra, 3160 Danville Blvd., Suite F, Alamo 94507. (415) 769-6697. Brian.

Los Angeles: The KFC/D.A.R.E. Run Across L.A., 10 Mi & 5 Mi Fun Run, 7:30 a.m.

Info: 11661 Goshen #202, Los Angeles 90049.

San Francisco: Kay Atkinson Memorial Run, 4.5 Mi., Golden Gate Park (Spreckels Lake, JFK Dr. & 36th Ave.), 10 a.m. Info: (415) 978-0837.

Sunnyvale: Firehouse Sunnyvale Classic Run, 5 & 10K and Kids' 1K & 0.5K, Twin Creeks Sports Complex parking lot, 8 a.m. City of Sunnyvale Leisure Services, P.O. Box 3707, Sunnyvale 94088. (408) 730-7350.

Palo Alto: Hobee's Run for the Animals, 5 & 10K, Baylands Athletic Center (Embarcadero & Geng Rd.), 9 a.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Gilroy: Mt. Madonna Challenge, 6 & 12K, Mt. Madonna Park (Sprig Lake), 8 a.m. South Valley Symphony, 7664 Los Padres Ct., Gilroy 95020. (408) 842-4732.

Santa Rosa: Annadel Loop 6.5 Mi., Annadel State Park (Cobblestone Trailhead on Channel Dr.), 8 a.m. Alec Isabeau, 611 Monroe St., Santa Rosa 95404. (707) 578-3025.

Redding: Redding Bud Light Triathlon, 2K Swim, 75K Bike, 15K Run, Time TBA. A

Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Kirkwood: Alpine 10K Series, mid-Kirkwood, 10 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

Lancaster: Antelope Valley Mall Wellness 5K Run (& 2K Kiddie Race), Antelope Valley Mall, 7 a.m./2K, 7:30 a.m. Mark Covert, Antelope Valley College Track, 3041 W. Avenue K, Lancaster 93536.

Los Angeles: Kingsbury Summer Biathlon Series, 5K Run & .22-Caliber Rifle Shooting, Time TBA. Allen Immerman, 15832 Hartland St., Van Nuys 91406. (818) 782-1285.

So. El Monte: San Gabriel River 5K Frog Legg Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Irvine: Pridemark Realtors "Say No To Drugs" 5 & 10K and 1 Mi. Fun Run, Airport Business Center (Sky Park Blvd. & Main St.), 7:30 a.m./10K, 8:20 a.m./5K, 9:30 a.m./1 Mi. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Los Angeles: Lincoln Heights 5K Library Run, Lincoln Park (Mission & Main), 7:30 a.m. Henry de Guevara, P.O. Box 31531, Los Angeles 90031. (213) 728-0430.

San Diego: Bud Light Triathlon, 1.5K Swim, 40K Bike, 10K Run, Solana Beach, Time TBA (Pre-Reg. only). CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

September 12 (Thurs.):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

September 14 (Sat.):

Squaw Valley: Pacific Crest Trail 50K, 25K, 12K & 50K Relay, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Huntington Beach: Say No To Drugs 5K, 10K & 2.8 Mi. Fun Run/Walk, 8 a.m./5K, 8:30 a.m./10K. Central park west, Huntington Beach. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Davis: The Sutter Shuffle, 5 & 10K, Sutter Davis Hospital, 8 a.m. Steve Plummer, Sutter Davis Hospital, P.O. Box 1617, Davis 95617. (916) 757-5147.

Stockton: Park to Park 5 Mi. & 1 Mi., Louis Park, 8 a.m. Tarahumara R.C., P.O. Box

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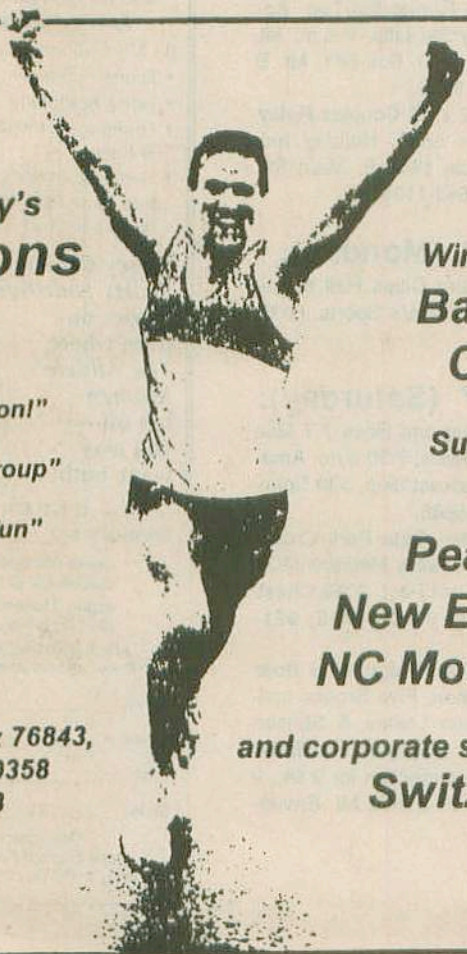
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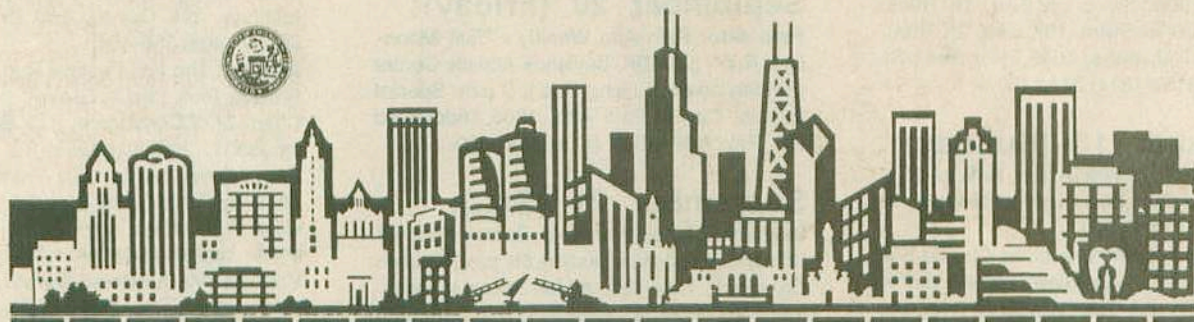
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- All marathon and 5K runners must pick up their race packet at the Race Headquarters during the pre-race Health & Fitness Expo. The expo is free and open to the public. Complete details on all dates and times for all marathon activities - Health & Fitness Expo, Pasta Dinner, Post-Race Party - will follow in a confirmation packet.
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1ST TIME MARATHON?		WHEELCHAIR ENTRANTS ONLY (CHECK THIS BOX)	
7 <input type="checkbox"/> YES <input type="checkbox"/> NO		<input type="checkbox"/>	
IF NOT, WRITE IN YOUR BEST MARATHON TIME:		OFFICE USE ONLY	
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Signature

Date

Signature of Parent or Legal Guardian (For 5K Runners Under 18)

SCHEDULE

8422, Stockton 95208. (209) 951-8941.

Prunedale: Fitness Festival 5 & 10K, Time TBA. Info: Brenda (408) 663-0685.

Montebello: 2 Mile Top Team Shootout (7 runners/team max. with 4 scoring), X-Country, Grant Rea Park, 7:30 a.m. Jimmy Granados, 2310 Havenbrook, West Covina 91790. (818) 338-9685.

Pico Rivera: Pico Rivera Sunset 5 & 10K, Smith Park (8110 Mines Ave.), 5 p.m./5K, 5:30 p.m. Mike Collier, P.O. Box 1016, Pico Rivera 90660. (213) 949-5648.

San Pedro: Harbor Light Half Marathon, 5K Run/Walk and Kiddie K, YMCA (301 So. Bandini), 7:30 a.m. YMCA, 301 S. Bandini, San Pedro 90731 (213) 832-4211.

Avalon: Catalina Island Triathlon, 0.5 Mi. Swim, 14 Mi. Bike, 4 Mi. Run, Time TBA. Bill Fulton, Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Green Valley Lake: Green Valley Lake Triathlon, 0.25 Mi. Swim, 10 Mi. Bike, 3.5 Mi. Run, Time TBA. Bill Fulton, Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Fresno: Rainbo Ironkids Triathlon (2 Days), 7-10 Yrs (100m Swim, 5K Bike, 1K Run), 11-14 Yrs (200m Swim, 10K Bike, 2K Run), Time TBA. TrakSports, 5049 Fyler Ave., St. Louis, Mo 63139. (314) 241-8100.

September 15 (Sunday):

Brisbane: DSE "Where the Hell is Brisbane?" 5 Mile Run, Brisbane Yacht Harbor, 10 a.m. Info: (415) 578-0837.

San Francisco: San Francisco Classic 5 & 10K, Golden Gate Park (Stow Lake Rd. & JFK Dr.), Time TBA. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

San Francisco: Dodge Escape from Alcatraz Triathlon, 1.5 Mi. Swim, 22 Mi. Bike, 14 Mi. Run, starts at Alcatraz Island, 350 Limit, Time TBA. Sally Bailey, 10 Camelford Ct., Moraga 94556. (415) 376-3468.

San Jose: Willow Glen Founders Day 5 & 10K, Willow Glen Elementary School (Lincoln & Minnesota), 8 a.m. Bill Martin, 2075 Lincoln Ave., Suite D, San Jose 95125. (408) 274-5010.

Sacramento: Buffalo Stampede 10 Mile, 8 a.m. Buffal Chips R.C., P.O. Box 19908, Sacramento 95819. (916) 965-3847.

Oakley: "Love a Nut" Fun Run 5K, Oakley O'Hara Park School, 9 a.m. Oakley Chamber of Commerce, P.O. Box 1340, Oakley 94551. (415) 625-1035.

Pacific Grove: Monterey Bay 10K, Lovers

Point Park, 9 a.m. Joan or Debbie, c/o Beacon House, P.O. Box 301, Monterey 93950. (408) 372-2334.

Burney: Burney Classic, Marathon, Half-Marathon, 5K & 10K, Burney H.S., Time TBA. Burney Lions Club, P.O. Box 217, Burney 96013 (916) 335-2380.

So. El Monte: Legg Lake 5K Spirit Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

Malibu: Bikesport Malibu Triathlon, 0.5 Mi. Ocean Swim, 18 Mi. Bike, 5 Mi. Run, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91732. (818) 880-4915.

September 18 (Wed.):

Chico: Humpday 5K The Sequel, Bidwell Park, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616 (916) 757-6017.

September 19 (Thurs.):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

September 20 (Friday):

Palo Alto: Palo Alto Weekly's "Full Moonlight Run", 5 & 10K, Baylands Athletic Center (Embarcadero & Geng Rds.), 9 p.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

September 21 (Sat.):

San Francisco: Women's Sports Festival (2 days, 6 sports, including 5K run), Golden Gate Park, Time TBA. Athlon Sports Management, 650 Fifth St., Suite 514, San Francisco 94107. (415) 896-1530.

So. San Francisco: The Games VI, many sports, including 10K Run, Time TBA. Info: (415) 871-9278.

Carmichael: Carmichael Classic 5 & 10K, Carmichael Elementary School (614 Sutter Ave.), Time TBA. Carmichael Rec. & Park District, 5750 Grant Ave., Carmichael 95608. (916) 485-5322.

Ft. Bragg: Mendocino Lost Coast Trail Marathon, 25K & 10 Mi., Usal Creek Campground (Sinkyone Wilderness State Park north of Ft. Bragg), 9 a.m. (Pre-Reg. only). EnviroSports, P.O. Box 1040, Stinson Beach 940970. (415) 868-1829.

Bass Lake: Bass Lake Classic Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Kevin Kilgore, 132 W. Nees, Suite 111, Fresno 93711. (209) 432-0800.

Pasadena: Five Acres Ken & Barkley Eg-bok Run. 5K. Colorado Blvd. and Garfield. 8 a.m. Information hotline (213) 97-5K-RUN.

So. El Monte: Legg Lake Roadrunners 5K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Bud Light Triathlon Series - World Cup Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

September 22 (Sunday):

San Francisco: Twin Peaks Loop, 3.63 Mi., Portola & Twin Peaks Blvd., 9 a.m. Info: (415) 978-0837.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

Walnut Creek: Walnut Festival Run, 5 & 10K, Heather Farms Park (Ygnacio Blvd. off I-680), 8:30 a.m. Walnut Festival, P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

Los Gatos: Ron's YSI Wildlife Run, 5 & 10K, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

Atwater: The Fall Festival Run, 1.25 & 5 Mi., Ralston Park (3rd & Grove), 8 a.m. Atwater Chamber of Commerce, P.O. Box 388, Atwater 95301. (209) 358-4251.

Santa Cruz: Santa Cruz Triathlon Clinic, 1 Mi. Swim, 23 Mi. Bike, 10K Run, 8 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Ventura: Ventura Half-Marathon (SCA/TAC District Championship), Mission Park, 8 a.m. Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

So. El Monte: Legg Lake 5K Indian Summer Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Danskin Women's Triathlon Series, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Princess Resort, 7:30 a.m. Ruthann Woods, KOZ Enterprises, 898 Gable Way, El Cajon 92020. (619) 441-7844.

September 26 (Thurs.):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

September 28 (Sat.):

Stanford: Stanford Centennial 5 & 10K, Stanford Univ., Time TBA. Special Events,

SCHEDULE

City of Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Grass Valley: Bear Fair Races & Quad-rathlon, 100m, 400m & 1500m (all on track), and 5K X-Country Run (enter 1 to 4 events), Bear River H.S., 4:30 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Mt. Tamalpais: Muir Beach Marathon, Half-Marathon & 7 Mi., Rock Springs/Mtn. Theatre (above Pan Toll Ranger Station), 8 a.m./Marathon, 9 a.m./H-M, 7 Mi. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Morro Bay: Morro Bay Triathlon, 0.5 Mi. Swim, 25 Mi. Bike, 10K Run, 8:30 a.m. Recreation & Parks Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214, x229.

Camarillo: Pleasant Valley Recreation & Park District 5K/10K Run, Roll & Volksmarch!

Camarillo HS. Kathy Matejka (805) 482-1996.
Wrightwood: Angeles Crest 100 Mile Endurance Run, Wrightwood to Rose Bowl in Pasadena, 5 p.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

Watts: 5K Run and 3K Celebrity Walk for Health, Watts Health Center (103rd & Compton), 8 a.m./5K, 8:30 a.m./Walk. Watts Health Foundation, 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, x360.

So. El Monte: Legg Lake 5K Apricot Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

September 29 (Sunday):

Portland, OR: Portland Marathon & 5 Mi. Run, City Hall, 8 a.m./Marathon, 8:30 a.m./5 Mi. Les Smith, P.O. Box 4040, Beaverton, OR. 97076. (503) 226-1111.

Redding: Whiskeytown Relays, 4-Person

Teams, Brandy Creek Marina, 9 a.m. Fred Wade, 2021 Merle Dr., Redding 96001. (916) 246-9212.

San Francisco: DSE "Walt Stack Birthday/DSE 25th Anniversary Run", 3.1 & 0.5 Mi, Kids Run, Golden Gate Park (Stow Lake Boathouse), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

San Francisco: Bridge to Bridge Run, 5K & 12K, Ferry Bldg., 9 a.m. KNBR Radio 68, 55 Hawthorne, San Francisco 94105. (415) 995-6868.

Stinson Beach: Mt. Tamalpais Tri/Bi-Athlon, 5K beach run or 1K ocean swim, 14 Mi. bike, 5 Mi. trail run, 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Davis: David Triathlon, 1K Swim, 40K Bike, 10K Run, Stonegate Country Club (919 Lake Blvd.), 8 a.m. Robin Goldberg, 336 Del Oro



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Ave., Davis 95616. (916) 758-0315.

Fresno: Big Fresno Fair Cross-City Race, 10K & 2 Mi., Roeding Park (10K), or Holmes Playground (2 Mi.), 7:30 a.m./2 Mi., 8 a.m./10K. Ken Takeuchi, The Big Fresno Fair, 1121 Chance Ave., Fresno 93702. (209) 453-3247.

Merced: Gateway to Yosemite Triathlon, (Long Course: 10K Run, 22 Mi. Bike, 800m Swim; Short Course: 2 Mi. Run, 6 Mi. Bike, 400m Swim), Lake Yosemite Park, 8:30 a.m. Kurt Kollman, 3549 San Pablo Ave., Merced 95348. Kyle Stockard (209) 385-6895.

Sacramento: Kingsbury Summer Biathlon, 5K Run, .22-Caliber rifle shooting, Time TBA. Chuck Lyda, Auburn Ski Club, P.O. Box 829, Soda Springs 95728. (916) 426-3313.

Lake Isabella: Dam Tough 38.6 Mi. Run, Time TBA. Audrey McFadden, Lake Isabella Chamber of Commerce, Box 567, Lake Isabella 93240. (619) 379-5236.

El Toro: Run of the Runways, 5/10K & Half-Marathon, 8 a.m. Carrie Kidwiler, Promotions Coordinator, MCAS, El Toro 92709-5010. (714) 726-2571.

So. El Monte: San Gabriel River 10 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Huntington Beach: Huntington Beach Triathlon at the Waterfront, 1K Swim, 30K Bike, 8K Run, Time TBA. Pacific Sports Management, 17532 Metzler Ln., Unit B, Huntington Beach 92647. (714) 841-2062.

Berlin, Germany: Berlin Marathon. Entry

deadline 8/15/91. SCC Berlin Marathon, Alt-Moabit 92, 1000 Berlin 21. Tel. (0 30) 8 82 64 05.

October 3 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

Oct. 6 (Sun.): Sacramento: Sacramento Marathon & Half-Marathon, William Land Park, 8 a.m. Ron Sturgeon, P.O. Box 995, Dixon 95620. (916) 678-5005.

Oct. 6 (Sun.): Minneapolis, MN: Twin Cities Marathon, Time TBA. Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480. (612) 341-8400.

Oct. 6 (Sun.): Toronto, Ontario: The Shoppers Drug Mart Toronto Marathon. Ontario Track & Field Association, 1220 Sheppard Ave. East, Willowdale, Ontario, M2K 2x1. (416) 495-4311.

Oct. 12 (Sat.): Ventura: Ventura Marathon, Ventura College, 8 a.m. Frank Salowitz, Ventura Marathon, P.O. Box 7141, Ventura 93006. (805) 485-4778.

Oct. 12 (Sat.): Aptos: Aptos Creek Marathon, Half-Marathon & 10K, Aptos Village Park (Thru Nisene Marks State Park), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Oct. 19 (Sat.): Castro Valley: Firetrails Fifty, 50 Mi., Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Oct. 19 (Sat.): Kailua-Kona, HI: Gateway Ironman Triathlon, 2.4 Mi. Swim, 112 Mi. Bike, 26.2 Mi. Run, Time TBA. Info: (800) 329-0063.

Oct. 19 (Sat.): Mount Baldy: Baldy Peaks 50K Run, Ice House Canyon, 7 a.m. (93 Runner Limit). John Davis, 1941 Radford, Claremont 91711. (714) 626-7965.

Oct. 20 (Sun.): Weott: Humboldt Redwoods Marathon & Half Marathon, Humboldt State Park (Dyerville Bridge on Ave. of the Giants), 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570. (707) 442-6463, 2-4 p.m. weekends.

Oct. 27 (Sun.): Chicago, IL: Chicago Marathon (312) 951-0660.

Nov. 3 (Sun.): Orange County: Orange County Marathon. 7 a.m. (714) 640-2593.

Nov. 3 (Sun.): New York City: New York City Marathon (212) 860-4455 (fax 212-860-9754).

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THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

Diet, Exercise and Menstruation

For many female athletes, the monthly menstrual cycle is considered "a curse", a nuisance that often drains energy and interferes with training and/or competing. Lack of menstruation is considered, by some, to be a blessing -- and provides a welcomed freedom from what may seem a monthly menace.

What's the problem with lacking regular menstrual periods?

Women who welcome amenorrhea (lack of menstrual periods) neglect the fact that regular menses indicate good health -- in particular, bone health. These women commonly shy away from medical care to correct the situation, especially if they have no desire to become pregnant. Or, they mistakenly think that exercise, which normally strengthens bones, will compensate for lack of regular menstruation. It doesn't.

In one study, runners who had been amenorrheic for more than two years had 15% lower spinal bone density than their regularly menstruating counterparts. (Nelson, *A J Clin Nutr* 43:910, 1986). Given that the average, healthy woman can expect to lose 47% of her bone mineral content by age 90 and that one-third of these women will suffer hip fractures that may heal poorly, female athletes who want to live a full and healthy life should invest in optimizing bone density in the first half of life.

Apart from a predisposition to future bone problems, amenorrheic athletes tend to have a 4.5 times higher risk of getting a stress fracture. Hence, the athlete who nonchalantly enjoys the absence of menses is likely to pay the price sooner or later: today, in her inability to achieve her athletic goals due to injury; tomorrow, in brittle bones and osteoporosis. Of additional concern is that the athlete who resumes regular menstrual periods is unlikely to regain all of the bone density she lost when amenorrheic.

Who's at risk for menstrual irregularities?

The question arises: "Why do some female athletes become amenorrheic while their teammates (who exercise the same amount) don't?" Although the original thoughts were that amenorrheic athletes lacked an essential amount of body fat and/or exercised too much, more current information suggests differently. After all, many female athletes are very thin, exercise rigorously and *still* menstruate normally. Dietary inadequacy seems to be a bigger risk factor. Nutritional analyses suggest that amenorrheic women, compared to their regularly menstruating counterparts, tend to eat more high fiber foods (which can lower circulating estrogen levels) as well as eat less fat (another estrogen reducer). This dietary profile is common to the many female athletes who eat a vegetarian-type diet.

Research among 61 vegetarian and 78 non-vegetarian Caucasian women indicates that only 2.6% of those who ate animal proteins incurred menstrual irregularity as compared to about 21% of the vegetarians. According to statistics, the probability of having regular menses increases with protein intake -- particularly cholesterol-containing animal proteins (Pedersen, *A J Clin Nutr* 53:870, 1991). In another study of female distance runners, 25% of the amenorrheics were vegetarians (they consumed milk products) as compared to 11% vegetarian preferences among those with regular menstrual periods. The amenorrheics ate less total protein and no red meats. (Kaiserauer, *Med Sci Sports Exerc.* 21:120, 1989).

What's the solution?

Many athletic women, in their efforts to eat a carbohydrate-rich sports diet, eat high fiber, low fat, meat-free meals. If an athlete who fits this picture also lacks regular menstrual periods, she should evaluate her protein and calorie intake. For example, one amenorrheic runner who perceived herself as

having an excellent diet (lots of fresh fruits and vegetables) actually had a diet low in protein.

Although amenorrhea is likely a result of many factors (including emotional stress, hard exercise, weight changes, prior menstrual history) some health professionals and coaches view amenorrhea as a "red flag" for detecting eating concerns/disorders. More often than not, the amenorrheic athlete has some type of nutritional inadequacy or imbalance. Hence, coaches, parents and teammates should encourage their amenorrheic athletes to have a nutrition checkup with a registered dietitian/sports nutritionist who can help teach the athlete how to eat a balanced sports diet that supports regular menses, reduces today's risk of suffering from stress fractures and tomorrow's risk of being predisposed to osteoporosis.

To locate a sports nutritionist in your area, call the National Center for Nutrition and Dietetics at (312) 899-4853 and ask to be referred to a member of SCAN (the Sports and Cardiovascular Nutrition division of the American Dietetic Assoc.).



Nancy Clark, MS, RD is nutritionist at Boston-area's SportsMedicine Brookline. Her book *Nancy Clark's Sports Nutrition Guidebook*, offers helpful information for all athletes. Send \$16.50 to New England Sports Publication, P.O. Box 252, Boston, MA 02113.

ROAD RACE SPOTLIGHT

By Bill Cockerham

City of San Francisco Marathon

June 23, 1991.

When the San Francisco Marathon was revived three years ago, the name was changed, for legal reasons, to "The City of San Francisco Marathon." Legalities aside, the new name is most appropriate. What could be more San Francisco than running across the Golden Gate Bridge, through the Presidio, Marina district, Fisherman's Wharf, North Beach, downtown, Market Street, the Hayes Street hill, Lake Merced, the Great Highway and Golden Gate Park? That's the route this marathon traverses. Race organizers affectionately refer to the course as "26.2 golden miles."

A truly city-wide experience isn't all that this relatively young event has going for it. There is an impressive list of sponsors, prize money including a \$35,000 Mercedes to men's and women's winners, an expo with booths and seminars, a pasta feed, a kids run, music, television coverage, and cool weather. Under the direction of Rich Nichols, himself a masters track and field competitor, the Athlon Sports Management group conducted a class event without a hitch. The stage is set for the City of San Francisco Marathon to break into the "big time" and join the ranks of New York, Boston and Los Angeles.

On the other side of the coin, the obstacles to still be overcome include a lack of big-name runners, a bigger spread of prize money and eliminating the fear of the course being slow. Actually each of these is related, in that, if there were more prize money then there would be more elite runners who would run the fast times to dispel fear of a slow course. A big-time marathon isn't built in a day, or a year, or two years. New York, Boston and Los Angeles didn't.

In the absence of a full field of elite marathoners a couple of marathon newcomers were able to steal the show. Even though both defending champions and course record holders, Antoni Niemczak and Janis Klecker, made the obligatory trip to "The City" it was obvious by the half way point that each was

suffering and neither would be in contention. It was just the second 26.2 mile race for both men's and women's overall winners this year.

In the men's race, 29-year-old Danny Martinez of South Pasadena surprised even himself in outlasting several more experienced marathon veterans. Martinez caught the early pace setting pack by the half way point and at 15 miles had a 100 yard lead. Since the 15-mile mark is near the finish area there was a large crowd watching as the unheralded Martinez breezed by amidst a general feeling of "who is this guy in the lead?" the invited runners all wore bib-numbers between one and twenty. One of the leaders at 15 miles wore an unobtrusive number 636. One photographer was overheard saying that he wasn't going to waste film on a hotdog who doesn't know pace and will fold up by 20 miles.

Second place at 15 miles was Oakland's veteran marathoner, Bill Donakowski, boasting a 2:10 P.R. and biding his time thinking number 636 would soon come back. Donakowski appeared content to sit back and wait, but Martinez was still going at 20 miles, so Donakowski pulled up to him around the 21 mile mark. This move seemed to take some of the wind out of Donakowski's sails while at the same time giving Martinez even more determination as he seemed to pick up the pace and again pull away. He had a 5-second lead by mile 22, a 15-second at mile 23 and 30-seconds at 24. Martinez won by nearly a minute in 2:15:31, although missing the \$10,000 course record bonus by less than two minutes (2:13:48).

Martinez, who's only other marathon was a 2:25 in the now-defunct San Francisco Marathon in 1987, gave a lot of credit for his motivation during the race to his support crew. A half dozen other runners from the Aztlan Running Club, including former high school running stars Roman Gomez and Jesus Gutierrez, drove up to San Francisco the morning of the race to support Martinez. The support crew somehow managed the confusion and

congestion of The City and seemed to be present somewhere during each mile to cheer for their favorite.

Donakowski, who has been working long hours as a space engineer, easily held on to second place at 2:16:26, achieving his pre-race goal of qualifying for the Olympic Trials (2:20 qualifying time). Just missing that qualifying time was recent Big Sur Marathon winner Brad Hawthorne in third at 2:20:42.

While Martinez was running a P.R. but not breaking the course record, the women's winner, Lesley Lehane, failed to run a P.R. (2:32:11) but did break Janis Klecker's year-old mark by over four minutes with her 2:35:33 winning performance. Lehane is probably better known by her maiden name "Welch" and is probably better known for her exploits in cross country and track than in marathoning, the City of San Francisco Marathon being just her second attempt at the 26.2 mile distance. Her first one was a win at the 1988 Twin Cities Marathon.

Lehane, of Chestnut Hill, Mass., used track-type tactics to battle Jane Welzel of Fort Collins, Colorado, each trading the lead with mini-surges. At 18 miles Welzel put her head down, shortened her step and made what turned out to be her last big surge into the lead. Lehane, responded and pulled back up to her by 19 miles where she surged ahead. At 21-miles Lehane again surged and dropped Welzel for good. Welzel faded to third in 2:37:57, being passed at the end by Belgian Ria van Landeghem second in 2:37:11.

The first five women were all under the course record. Former UCLA track standout Michele Bush-Cuke, now of Berrien Springs, Mich., was fourth in a P.R. 2:38:30. Klecker, of Minnetonka, Minn., was fifth in 2:39:00, 52 seconds ahead of her 1990 victory and course record time.

All of the runners, from the front to the back, seemed to be enjoying the experience of running a city-wide event in cool weather. The experience was equally pleasant for the

continued next page...

An Interview With...

Danny Martinez

CRN: You really surprised the running community with your win at San Francisco. Fill us in on your running background.

Martinez: I got started running in high school. Brother Tom Keegan at Salesian High tried to talk everybody into coming out for cross country.

By my senior year our team won the CIF Southern Section AA. In track I ran 4:24 and 9:24, not good enough to make State.

After high school I attended Pasadena City College where

Coach Jesse Gomez introduced me to the steeplechase. I ended up placing second in the J.C. State Meet and had a best time of 9:09. I also ran 30:20 for 10K and 14:37 for 5K on the track.

Vince O'Boyle recruited me to U.C. Irvine where I graduated with a degree in psychology in 1984. At Irvine I won the PCAA steeplechase. I had best times of 8:56 and 29:35.

CRN: What happened to your running after college?

Martinez: I was working full time and my running really tapered-off. I kept working more and running less. However, in

1989, I decided I wanted to give running a better shot and so quit work to train. In 1990 I placed 40th at TAC cross country nationals, ran a 14:07 and a 29:30 in track.

CRN: Why did you run the City of San Francisco Marathon?

Martinez: I had run 2:25 in 1987 off of very little training. Just 50-60 miles per week. I knew I could run faster with better training, and qualify for the Olympic Trials. I had planned on running the Los Angeles Marathon, but had a slight knee problem then. San Francisco was the next big one.

CRN: When is your next one?

Martinez: Olympic Trials in Ohio.

CRN: What do you think you can run in your next one?

Martinez: I won't be thinking about time. Only place. My goal is to get into the top three.

CRN: What has your recent training been like?

Martinez: I've been doing at least 80 miles a week since December. I do at least one 20-miler a week and one day of track intervals.

CRN: What kind of intervals?

Martinez: Usually five miles worth of longer stuff, like 1,000's, miles, 2,000's. I try to do 70 second quarter pace. During track season I will do two days a week of shorter intervals.

CRN: Do you have a coach?

Martinez: No. I meet with the other club members and we decide on what to do each day. Jesus Gutierrez is a good training partner.

CRN: What is the Aztlan Club?

Martinez: It is a group run by a doctor and a school teacher and the main purpose is to help kids. Some of us older runners serve as helpers and role models.

CRN: Do you have any sponsors?

Martinez: No. Hopefully, now maybe I can get some help with equipment.

CRN: What are your running goals leading up to the Trials?

Martinez: Right now I plan to train for cross country. I will continue to keep my mileage up and get in one extra long run a week, but will focus on the TAC Championships in Boston. I may do just a few early season track meets for sharpening work, but pretty much concentrate on the marathon trials after cross country.



Danny Martinez Support Crew (left to right): Mike Carlton, Danny, Jesus Gutierrez, Rico Aparicio, Brad Jensen, Adolfo Garcia. Unpictured: Roman Gomez. Photo by Bill Cockerham.

spectators many of whom were able to watch the start across Golden Gate Bridge, drive to the finish area in Golden Gate Park, watch the runners come by the 15-mile mark in Golden Gate Park, and then enjoy the finish and all of the post-race activities.

Overall Results - Men

1. Daniel Martinez (29) So. Pasadena 2:15:31, 2. William Donakowski (35) El Sobrante 2:16:26, 3. Brad Hawthorne (35) Piedmont 2:20:42, 4. Steve McCormack (31) San Diego

2:21:30, 5. Sammy Rotich (33) Albuquerque, NM 2:22:43, 6. John Barbour (37) Atlanta, Ga 2:23:48, 7. Fredson Arap Mayiek (25) Los Angeles 2:25:18, 8. Gavin Sloane (24) Boulder, CO 2:25:42, 9. David Steffens (31) Issaquah, Wa 2:26:08, 10. Sun Taek Lim (22) San Francisco 2:27:18.

11. William Moore (29) Dallas, Tx 2:27:33, 12. Frank Tardivat (26) San Francisco 2:27:40, 13. Carlos Navarro (29) Los Angeles 2:29:45, 14. Trevor Fieldsend (32) Stillwater, OK 2:31:55, 15. Thomas Neupauer (29) San Francisco 2:32:09, 16. Don Paul (40) San Francisco 2:32:39, 17. David Shotts (30) New York 2:32:56, 18. Jae Ung Hyung (20) San Francisco

2:33:37, 19. Rob Dyer (29) Arvada, CO 2:34:13, 20. Steven Ware (40) Riverside 2:35:19.

21. John Delaney (30) Wellesley, Ma 2:36:08, 22. Luis Hernandez (40) Van Nuys 2:36:59, 23. Mike Daatharage (36) Suisun 2:38:19, 24. Eric Krawitt (22) Shelburne, Vt 2:39:25, 25. Jim Kelley (30) Long Beach 2:40:39, 26. Ruben Macedo (26) San Francisco 2:40:57, 27. Hector Lopez (23) Los Angeles 2:41:00, 28. Radovan Bursac (26) Lafayette 2:41:08, 29. Thomas Barrett (29) Auburn 2:41:10, 30. Salomon Mendoza (27) Bell Gardens 2:41:32.

31. William Cortes (46) Van Nuys 2:41:58, 32. Greg Pope

continued next page...

ROAD RACE SPOTLIGHT



FREDSON MAYIEK (left) and BILL DONAKOWSKI



DON PAUL—1st Master

(31) Fresno 2:42:12, 33. Jose Gomez (37) Los Angeles 2:42:20, 34. Dave Joseph (36) Costa Mesa 2:43:52, 35. Jaime Ortiz (30) Burbank 2:44:14, 36. Joel Hope (33) Corona 2:45:01, 37. Matt McMenemy (36) San Francisco 2:45:47, 38. Randy Walruff (35) Clackamas, Or. 2:45:49, 39. Jon Kerbs (35) Cincinnati, Oh. 2:46:24, 40. Jim O'Brien (38) Monrovia 2:46:47.

41. Pablo Pintor (27) Bell 2:46:48, 42. Ronald Kubokawa (38) El Cerrito 2:47:14, 43. Jose-Maria Lizarraga (30) San Francisco 2:47:19, 44. Charles Desmaris (33) Palo Alto 2:47:29, 45. Paul O'Brien (33) San Mateo 2:48:04, 46. Thomas Murphy (27) San Francisco 2:48:25, 47. Henning Hansen (39) Jaegersmindervej, Da. 2:48:35, 48. Gary Hansen (36) Gladstone, Mo. 2:48:45, 49. Gary Towne (23) Chico 2:49:11, 50. Kevin Walker (26) Corte Madera 2:49:14.

51. Kim Marcus (30) Banning 2:49:29, 52. Steve McMillin (29) Glendale 2:49:40, 53. Dagoberto Perez (24) North Hollywood 2:49:45, 54. Willie Roy (37) Sacramento 2:49:46, 55. Imre Farkas (29) Berkeley 2:50:01, 56. Lon Kincannon (40) San Francisco 2:50:03, 57. Richard Kellam (34) Oakland 2:50:07, 58. Paul Ruckel (35) Phoenix, Az. 2:50:11, 59. Rene Ebert (26) Mather AFB 2:50:20, 60. David Mead (23) Shelburne, Vt. 2:50:27.

61. Skip Houk (49) Reno, Nv. 2:50:42, 62. Joel Adler (31) Chatsworth 2:51:01, 63. Ken Kelly (33) Cupertino 2:51:02, 64. Curt Facchino (27) San Jose 2:51:32, 65. John Hirschberger (39) San Francisco 2:51:57, 66. Damon Clark (30) Boulder, CO. 2:52:00, 67. Robert Barber (54) Half Moon Bay 2:52:08, 68. Bob Lilly (43) Boulder Creek 2:52:15, 69. Beak Cosenza (28) Lyndbrook, NY 2:52:28, 70. Anthony Guinnane (37) San Jose 2:52:47.

71. Patrick Shaughnessy (39) San Francisco 2:52:54, 72. Stephen Schur (44) Sunnyvale 2:52:57, 73. Frank Malczyk (33) San Ramon 2:52:59, 74. Steven Splund (40) Minneapolis, MN. 2:53:07, 75. Pedro Carera (29) Pittsburg 2:53:16, 76. Jerry Keith (38) Birmingham, Al. 2:53:32, 77. Luigi Gratton (21) Los Angeles 2:53:37, 78. Gerald Valdez (37) Mare Island

2:53:53, 79. Todd Flitton (28) Pacifica 2:53:56, 80. Harry Harris (35) Chicago, IL. 2:54:08.

81. Brian Robinson (21) Stanford 2:54:14, 82. Jason Maintzer (19) So. San Francisco 2:54:33, 83. Thomas Woolley (34) San Francisco 2:54:35, 84. Daryl Julich (35) Cedar Rapids, Ia. 2:54:37, 85. Marc-Michael Meier (25) San Rafael 2:54:40, 86. Steve Radigan (39) Milpitas 2:54:55, 87. Larry Moore (38) San Clemente 2:54:59, 88. Angel Garcia (23) Tamaulipas, Mexico 2:55:00, 89. Allen Keyes (25) Pensacola, Fl. 2:55:15, 90. Brian Foley (24) New York 2:55:28.

91. Harry Van Den Hof (36) Riverside 2:55:48, 92. Keith Martyn (20) Corona Del Mar 2:56:06, 93. Glenn Sauder (44) Franklin, Ma. 2:56:06, 94. Hector Murphy (38) Hermosa Beach 2:56:16, 95. Dimitris Sklavopoulos (46) Mill Valley 2:56:21, 96. Lloyd George (34) San Leandro 2:56:34, 97. Michael Ryba (42) Greenfield, In. 2:56:36, 98. Carl Sandford (27) San Ramon 2:56:45, 99. Abel Ibarra (38) Pacoima 2:56:47, 100. Wilhelm Spitz (38) Kissing, Germany 2:57:07.

Overall Results - Women

1. Lesley Lehane (28) Chestnut Hill, Ma. 2:35:33, 2. Ria Van Landeghem (33) Belgium, BE 2:37:11, 3. Jane Wetzel (36) Fort Collins, CO. 2:37:57, 4. Michelle Bush-Cuke (29) Berrien Springs, MI. 2:38:30, 5. Janis Klecker (30) Minnetonka, MN 2:39:00, 6. Christine Gibbons (29) Elmwood Park, NJ 2:45:49, 7. Carrie Booth (29) Hermosa Beach 2:46:58, 8. Suzanne Morris (33) Leucadia 2:48:50, 9. Donna Troyna (36) Menlo Park 2:50:32, 10. Heather Telford (33) Tillamook, Or. 2:53:02.

11. Maria Luisa Madveno (34) San Ysidro 3:02:55, 12. Candy Dodge (41) Los Angeles 3:03:16, 13. Karen Rowen (30) San Jose 3:05:24, 14. Beth Anne Powell (32) New York 3:05:46, 15. Ruth O'Hara (28) Alexandria, Va. 3:07:11, 16. Kathleen Beebe (45) Medford, Ma. 3:07:36, 17. Susan Whatley (29) Birmingham, Al. 3:08:11, 18. Lynn Ludlow (33) Chicago, IL 3:09:03, 19. Kristen Hoel (25) Malibu 3:09:55, 20. Gail Breslow (36) Belmont, MA 3:11:22.

21. Kathleen Candelaria (27) Oakland 3:13:03, 22. Eileen Easton-Goldberg (39) Oakland 3:13:59, 23. Janice Kreuz (43)

Cincinnati, Oh. 3:14:44, 24. Jennifer Kjar (30) Salt Lake City, Ut. 3:17:12, 25. Christine Poplaskie (32) Denver, Co. 3:19:07, 26. Diane Kenna (26) Brooklyn, NY 3:19:22, 27. Elise Pendall (29) Palo Alto 3:19:27, 28. Cynici Calvin (45) Auburn 3:21:17, 29. Abbe Birstock (35) Aspen, CO 3:21:41, 30. Stacy Salinas (31) El Paso, Tx. 3:22:02.

31. Lori Halverson (33) San Francisco 3:22:34, 32. Sonya Jones (24) Palo Alto 3:22:42, 33. Kristie Clemens (22) Santa Cruz 3:23:20, 34. Sue Contreras (25) Albuquerque, NM 3:24:27, 35. Kelly Giacomuzzi (33) Moorpark 3:24:47, 36. Helen Ward (25) New York 3:25:21, 37. Carol Lapin (34) Houston, Tx. 3:25:53, 38. Lori Russell (26) Santa Barbara 3:26:01, 39. Michelle Small (28) San Francisco 3:26:01, 40. Rachel Ryerson (30) Los Angeles 3:26:30.

41. Merry Webb (24) LaJolla 3:26:51, 42. Michelle Greer (31) San Mateo 3:26:54, 43. De Maria Ang. Gastelum (40) Ensenada, BC, Mexico 3:27:38, 44. Mona Cuthbert (25) San Francisco 3:27:46, 45. Patricia McFadden (28) Isos Novi, MI 3:28:12, 46. Victoria Mann (34) Hillsborough 3:28:47, 47. Late Entry 3:29:07, 48. Annabelle Sacramento (32) Oakland 3:29:23, 49. Jean Lewis (28) Berkeley 3:29:54, 50. Lydia Ramos (34) Tucson, Az. 3:30:58.

Division Results - Men

18-24: 1. Gavin Sloane 2:25:42, 2. Sun Taek Lim 2:27:18, 3. Jae Yung Myung 2:33:37. 25-29: 1. Daniel Martinez 2:15:31, 2. Fredson Arap Mayiek 2:25:18, 3. William Moore 2:27:33. 30-34: 1. Steve McCormack 2:21:30, 2. Sammy Rotich 2:22:43, 3. David Steffens 2:26:08. 35-39: 1. William



THE WINNERS - LESLEY LEHANE and DANNY MARTINEZ

Photo by Bill Cockerham

Donakowski 2:16:26, 2. Brad Hawthorne 2:20:42, 3. John Babbour 2:23:48. 40-44: 1. Don Paul 2:32:39, 2. Steven Ware 2:35:19, 3. Luis Hernandez 2:36:59. 45-49: 1. William Cortes 2:41:58, 2. Skip Houk 2:50:42, 3. Dimitris Sklavopoulos 2:56:21. 50-54: 1. Robert Barber 2:52:08, 2. David Woody 2:57:13, 3. Bob Tarozzi 3:09:47. 55-59: 1. Oleg Morozov 2:59:16, 2. Tom Walsh 3:13:15, 3. Michael McGie 3:14:27. 60-64: 1. Thomas O'Hearn 3:08:08, 2. William Hayward 3:35:43. 65-69: 1. Robert Johnston 3:44:42, 2. Tom Sheehan 3:55:08. 70 & Over: 1. Eddie Lewin 4:25:41.

Division Results - Women

18-24: 1. Sonya Jones 3:22:42, 2. Kristie Clemens 3:23:20, 3. Merry Webb 3:26:51. 25-29: 1. Lesley Lehane 2:35:33, 2. Michelle Bush-Cuke 2:38:30, 3. Christine Gibbons 2:45:49. 30-34: 1. Ria Van Landeghem 2:37:11, 2. Janis Klecker 2:39:00, 3. Suzanne Morris 2:48:50. 35-39: 1. Jane Wetzel 2:37:57, 2. Donna Troyna 2:50:32, 3. Gail Breslow 3:11:22. 40-44: 1. Candy Dodge 3:03:16, 2. Janice Druz 3:14:44, 3. De Maria Ang. Gastelum 3:27:38. 45-49: 1. Kathleen Beebe 3:07:36, 2. Cynici Calvin 3:21:17. 50-54: 1. Judy Overholzer 3:47:03, 2. Khatoon Tudhope 3:54:01. 55-59: 1. Gloria Dake 3:57:27. 60-64: 1. Jean LaFever 4:36:11. 65-69: 1. Po Adams 4:48:36.

Symposium Addresses Dangerous Doping

New York City--Not withstanding the highly publicized suspensions of Olympic medalists caught dipping in the till of performance enhancing drugs, cheating by endurance athletes--through steroid abuse and blood doping--shows no sign of abating. The newest and possibly the most dangerous method of blood doping is through the injection of recombinant erythropoietin (rEPO). To clarify the medical risks and explore the ethical implications raised by the abuse of rEPO, the developers of the drug, AMGEN Inc., with the support of the New York Road Runners Club, sponsored a symposium in New York City, prior to the 1990 New York City Marathon.

"We want to emphasize that while rEPO works, and is safe, for someone on dialysis or with kidney failure, it is a different story when you are an elite athlete," said AMGEN spokesman Daniel Vapnek.

Erythropoietin is a hormone that stimulates the production of oxygen-carrying red blood cells. Too few red blood cells and a person becomes anemic, such as those patients on kidney dialysis. However, too many red blood cells can cause the blood to thicken.

"Today's athletes, when it comes to blood, follow the ancient credo that more is better. The problem here is that if you try to generate more blood, you end up with mud, not blood. . .and you're going to get blood clots where you don't want them, like in arteries feeding your heart or your brain causing heart attack and stroke," said hematologist Randy Eichner of the University of Oklahoma.

No one really knows how widespread is the abuse of rEPO by athletes. Some experts at the symposium speculate that at least a few of the 16 Dutch cyclists who have died mysteriously during the past 18 months may have

been experimenting with rEPO, but the official word from the Dutch Cycling Federation is that the athletes died of "some kind of heart failure."

"That seems unlikely to me, and I suspect that where there's smoke, there's fire," said Eichner.

"There's really a lot of cheating going on," said former Olympic Marathon silver medalist, John Treacy. "I think the people might get a little bit of honor after they win their event, but they have to live with the fact that they are cheaters."

"The Olympic ideal has been tarnished. If people knew what was going on, I think they would be shocked," said three-time Olympic gold medalist, Peter Snell, PhD., director of the St. Paul Human Performance Center and assistant professor of internal medicine at the University of Texas Southwestern Medical Center, Dallas.

The difficulty of testing for rEPO is compounded by the fact that the drug is nearly identical to its native hormone, thus rendering it undetectable in drug tests. So why not add a marketing agent to the drug, allowing officials to trace its use?

"Attaching a 'marker' that could be detected in the drug tests is not a viable alternative. Modifying the EPO molecule or adding a substance to the solution in which it is formulated, could lead to medical complications for kidney patients, who must receive rEPO on a permanent basis," explained John Adamson MD, president of the New York Blood Center.

"Athletes who use rEPO to give themselves a competitive edge are risking their lives. We have to ask ourselves, what price glory?" Eichner concluded.

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How to Save Road Racing

Ideas to keep our sport off the endangered species list

By Claudia Clavarella

Reprinted with permission from *Running Journal*, May 1991

The news about road racing and sponsors is getting pretty scary these days. Last year Nike pulled out of Cherry Blossom. The L'eggs said "no go" on the Mini Marathon. During the last few months we've learned that: Red Lobster will no longer be sponsoring the 10K that bears its name, Crescent City lost a major sponsor, Mercedes has pulled out of the 5th Avenue Mile, and Long Beach was unable to secure a sponsor for the Women's Olympic Marathon Trials.

These races are the big, well-known ones. The advertising department here at *Running Journal* knows all too well that many smaller regional and local races are losing sponsors, too. Each month during our staff meetings, we hear the same sad litany: "no ad for that race this year. They lost their sponsor, the race is canceled."

All of us in the running community lose when a race dies. We all lose when corporations say that they aren't going to spend their marketing dollars on road racing anymore. Those of us in publishing and advertising lose revenue. Professional runners who are trying to make a living at their sport lose income. Thousands of weekend racers lose the benefits of participation in an activity that makes them feel good about themselves.

Why are companies pulling out of events that they were willing to sponsor in the past? Why isn't there the loyalty to road racing that you find in car racing, for example? Winston has sponsored their circuit for years—the name has become synonymous with auto racing. Followers of downhill ski racing have seen the name Subaru plastered on skiers' bibs and on banners and fencing for several winters. What does road racing lack that it can't endear itself to sponsors in the same way?

The most obvious answer is visibility. People don't sit in front of the TV to watch the New York City Marathon the way they watch auto racing or skiing. Even those of us who love to run, and race, have to admit that most coverage of major marathons is quite boring.

It's difficult to capture an event like the marathon on camera. Two hours and 10 minutes is a long time to watch people run; and usually nothing worth getting excited about happens until the last few miles. New York in 1984 and Boston last year are perfect examples of races that didn't have any real action until late in the race.

Who can blame potential sponsors for questioning an outlay of several thousand dollars in sponsorship money? Often visibility through signage is presented to a corporation as one of the benefits of sponsorship. A banner at the finish line of a marathon will be seen on the television screen for maybe three or four minutes, perhaps not that long depending on the angle of the camera.

Compare three minutes with the two hours or more that a sponsor's name will be visible on the back court fencing of a tennis match. Imagine you're in promotions for XYZ Widgets. Where would you spend your dollars—for a finish line banner at a nationally known marathon, or a back court banner at the U.S. Open?

Whether we like it or not we, in the running community, have to come to terms with the fact that we're going to lose sponsorship dollars unless we give the public, and the corporations, what they want. That's not easy to accept—for good reasons. Runners like to think that their activity is "pure," somehow apart from the more crass, commercialized sports. We run, even race, for the sheer pleasure of it, because of the freedom it gives us from everyday constraints.

Attitudes must change. And for attitudes to change, then behaviors must change. First, the professionals involved in selling road racing MUST offer an attractive package, and then MUST deliver what they promise. Race directors and/or promoters need to work with the media, particularly TV, to put together a presentation that will give the sponsors maximum visibility and will attract more viewers.

For the marathon, a one-hour program could

be put together within a few hours after the finish, then shown later in the afternoon. Working within such a format the sponsors' names and the significant points of the race could be easily highlighted. If the sponsor was promised that their banners would be seen at least 15 times during the course of a one-hour presentation, then it is the responsibility of the person who sold that idea to make certain that it happens!

Which brings me back to the attitude problem again. The attitude many runners have is that the business of promoting their sport is somehow "dirty." Unfortunately, that attitude is not limited just to participants. Sponsors often feel the same way. Too many people have seen race directing and race promotion as a quick and easy way to make big bucks.

These are the people who promise the moon and deliver a plate of cheese. Who show up to get their own names and faces promoted on race day, and the next day are off promoting the next event—no follow-up intended. The business of promoting road racing needn't be "dirty," however. There are enough legitimate race directors and promotion people out there. It's going to be up to us, the runners, to make our voices heard.

We can boycott, if necessary, races that we know are being promoted by persons whose only interests are self-promotion, not the promotion of the sport. While we're making ourselves heard, let's go a step further—take the time to write a sponsor after we run a race and thank them for a job well done.

These aren't the only ways to keep from losing sponsors, and to attract new ones—the situation is far too complex for a simple solution. However, as all of us understand—success is measured one step at a time.

Running Journal -- "We Run the South" is published monthly in Greeneville, Tennessee.

Accelerating

By Jeff Galloway

Miguel was feeling light and bouncy as he came around the bend and saw the finish line. Not only was he finishing one of the longest runs of his life—8 miles, but he was passing with ease and strength, younger runners. Miguel should have been happy—this was his 85th birthday!

While Dr. Miguel Dobrinski wasn't setting any world records, one year before he was struggling to cover a mile, and his feet barely came off the ground. Now he had some bounce in his step—and the mental boost was quite noticeable.

Twelve months earlier, I worked individually with Dr. Dobrinski during one of our form-video clinics at Lake Tahoe. He tried several times to straighten up and "life off" as he accelerated. I tried to see at least some improvement, but intermingled reality with advice: age had taken its toll. He had been inactive for more than 80 years, and his muscles had tightened and atrophied. There was little chance, I said, for him to bring back the bounce experienced by the "youngsters" in the class (many were 40 and 50-year olds). The faintest amount of hope depended upon his faithful execution of a light acceleration drill every week. One year later, the doctor demonstrated that he had taken his medicine.

Light accelerations can help just about everyone run lighter, stronger and easier. When done correctly, they add life and vitality to a run, so that you feel more invigorated. The procedure is very simple:

1. Warm up by jogging slowly for 10-20 minutes.

2. When the legs feel "normal", pick up the turnover of your legs and feet for 50-100 meters (from one-half to a full football field) Rest by jogging very slowly or walking until the legs and body are completely refreshed and do another one.

3. Never sprint! You're just trying to increase the stride turnover rate. Do not try to stretch out your stride length by letting the

feet land ahead of the knee. Some lengthening will occur naturally with a stronger push-off—and that is fine. You should not have to increase your breathing rate significantly.

4. Work on carrying yourself with an upright posture: the head, shoulders, chest, hips should all line up over the foot at push-off. With such alignment, running is easier and more efficient. You will not find this on every step of every acceleration. But only by doing these accelerations regularly can you learn how to find the "best" position for each day. You should feel light on your feet.

5. I've found video tape to be a great aid in visualization. Even if you don't have access to video, you can use these accelerations to focus on how you should look and how your legs should work. Get a clear image of how you should be aligned—just before you start each one.

Miguel worked on a lighter, quicker step, and a better "lift-off". Twice a week, he accelerated down the street at first for 20 meters—then 40 and by vacation time—60 meters. He didn't notice any changes from day-to-day or even from week to week. After one year, I could show through video tape how he's straightened his posture, developed some spring in his legs, and learned to enjoy his running even more.

By focusing on the little things every week, you bring together your body and mind into a powerful team. And it's all right to pass a few of the younger runners—but watch out for Miguel!

Note: Olympian Jeff Galloway has written the nation's best-selling running book, Galloway's Book on Running, and coaches hundreds through personalized training seminars and vacations. He encourages your feedback and questions: JFG, P.O. Box 76843, Atlanta, GA. 30358. (404) 255-1033.

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2444 Durant Way, Berkeley

Fleet Feet Sports
4247 Rosewood Dr., Pleasanton
2408 J Street, Sacramento
1528 Bonanza, Walnut Creek
34 Town & Country Village, Palo Alto

Harding Way News
113 W. Harding Way, Stockton

Hoy's Sports
1632 Haight Street, San Francisco

Inside Track
1410 E. Main Street, Ventura

Marathom's
1454 W. 25th Street, San Pedro

Phiddippides-Encino
16545 Ventura Blvd., Encino

The Running Center
1558 Barton Road, Redlands

Runner's Choice
17800 Chatsworth St., Granada Hills

A Running Experience
5304 E. 2nd St., Long Beach

Ryan's Sports Shop
1000 Lafayette, Santa Clara

The Sport Shoe
3216 Los Feliz Blvd., Los Angeles

Sports Chalet Stores
La Canada Area



AROUND THE STATE

Road Race Course Certification

The following people can give you information about certification procedures, recommend measurers in your area and can check on the status of a particular course: Northern California—Carl Wisser, 4899 Shater, Oakland 94609. Southern California—Ron Scardera, 6907 Camrose Dr., Los Angeles 90068. Copies of *Course Measurement Procedures* (\$4.00) and *Road Race and Finish Line Management* (\$6.00) may be obtained from: TAC/USA Order Dept., P.O. Box 120, Indianapolis, IN 46206.

The Bloom is Back

After a two year decline in participation, the biggest running event in the Northwest, the popular Lilac Bloomsday Run, recorded a record number of runners in 1991. The race drew 55,497 finishers for its 15th annual running, up 4370 from last year and 2342 more than 1988's previous high. "The way things turned out is both luck and planning, but mostly planning," Don Kardong, former Olympic Marathoner and Bloomsday founder told Jim Whiting of the *Northwest Runner*. "We have people in charge who've done this for 10 years. They remember things from last year that didn't work and sorted them out this year." Kardong should know what he's talking about as he recorded a 41:41 over the hilly 12K course. Steve Moneghetti won the race in 34:52, with Lisa Weidenbach the women's winner in 40:03.

Masters Marathoners

You have a new event to look forward to, an October 13 marathon in mile-high Denver that offers a \$30,000 purse, \$21,600 of which is reserved for masters. KAZY radio is sponsoring the first-time race, and New York Marathon technical director Allan Steinfeld has been enlisted as a consultant.

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Drink on the Run:

Ultimate Direction has a new Ultimate Sport Flask that is a light weight, leak proof water bottle. It has proven popular among runners as well as cyclists and hikers. The Ultimate SportFlask accessory, the DrinkTube, was conceived out of the need for an efficient and practical way to consume fluids on-the-go, with as little effort as possible. It has been tested and proven to be the best form of hands-free hydration available. For more information call (800) 426-7229.

Stretching Aid:

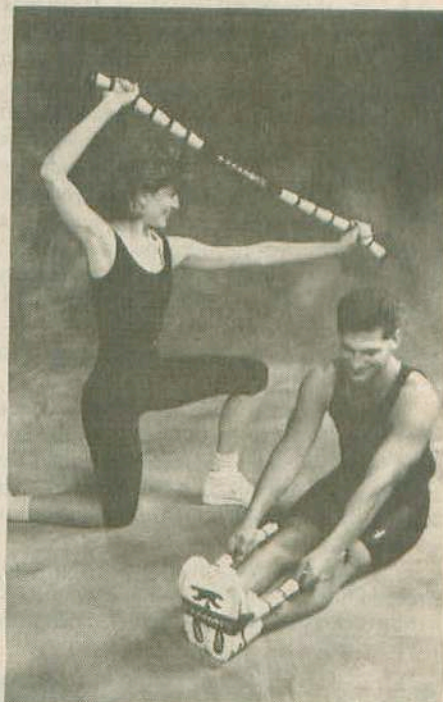
Developed by an exercise physiologist, Stretch-Rite provides a complete stretching program for all ages and physical abilities from physical therapy patients to highly conditioned athletes. The Stretch-Rite system was founded on the principle of static stretching (slow, gradual). With Stretch-Rite you can stretch in progressively even stages safely and gradually increasing tension simply by changing handgrip positions. For more information call (918) 749-1114.

Entry Blank Waivers

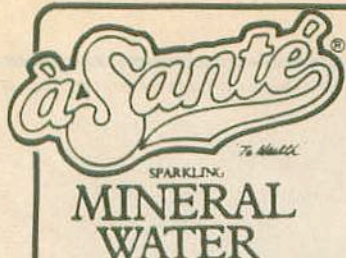
The California Court of Appeals has ruled that sport waivers are binding. The ruling stems from a case involving a crash in a 1982 USCF-sanctioned bike race. The injured athlete had signed a standard waiver, but she sued anyway, alleging negligence on the part of the USCF. At the trial court level, the judge tossed out the waiver on the grounds of "public interest." The Court of Appeals, however, decided that the doctrine of public interest has no application to sporting events and that the athlete both knew the risks and agreed to assume the consequences.

Race Director Goes East

Scott Thomason, former director of the San Francisco Marathon, Bonne Bell Race and San Francisco Half Marathon has become the Administrative Director of the Twin Cities Marathon. Scott has also been director of the Bay Area Pamakids Running Club.



Stretch-Rite



20th Annual



HALF MARATHON & 4.5 MILE

BASS LAKE RUNS THRU THE PINES

August 3, 1991 ● 7:00 a.m.

DISTANCE: 13.3 miles & 4.5 mile. **AID STATIONS:** Approximately 5, 7.5 and 10 miles. **SPLIT TIMES:** 5 mile & 10 mile splits. **ENTRY FEE:** \$10.00 pre-registration, if received by July 24, 1991. \$15.00 after July 24 and on race day. Checks payable to *California Running News*. No refunds.

REGISTRATION & CHECK-IN: 6:00 a.m. at the Pines Village. **DESCRIPTION:** Half marathon, once around the lake, starting and finishing at the Pines Village. 4.5 mile a smaller loop. Mostly paved, some dirt roads. Many rolling hills first eight miles, several longer hills last five miles. Some shade. **CAUTION:** Runners should be well conditioned because of the difficulty of this course. Run on left hand side of road, facing traffic. **MEET DIRECTOR:** Bill Cockerham (209) 255-4904 or (209) 456-0535.

DIVISIONS (both races):

MEN: Junior (under 19), Open (19-29), 30-39, 40-49, 50-59, 60 & Over.

WOMEN: Junior (under 19), Open (19-29), 30-39, 40-49, 50 & Over.

AWARDS (both races):

First place plaque to winner of each division. Additional plaques will be given if pre-entries warrant. One award for every 5 pre-entries per division (example: 30 pre-entries in Men's 40-49 means 6 awards will be given in Men's 40-49.)

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RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

IAAF World Cup Marathon

April 21, London, England

Overall Results - Men

1. Yakov Tolstikov (URS) 2:09:17, 2. Manuel Matias (POR) 2:10:21, 3. Jan Huruk (POL) 2:10:21, 4. Dave Long (GBR) 2:10:30, 5. Joaquim Pinheiro (POR) 2:10:38, 6. Alfredo Shahanga (TAN) 2:11:20, 7. Steve Brace (GBR) 2:11:45, 8. Peter Maher (CAN) 2:11:46, 9. Jen-Luc Assemat (FRA) 2:11:49, 10. Salvatore Bettiol (ITA) 2:11:53.

40. Steve Taylor (USA) 2:14:56, 58. Rich McCandless (USA) 2:16:36, 101. Ron Johnson (USA) 2:21:20, 119. Darrell General (USA) 2:26:54.

Overall Results - Women

1. Rosa Mota (POR) 2:26:14, 2. Francine Larrieu Smith (USA) 2:27:35, 3. Valentina Yegorova (URS) 2:28:18, 4. Katrin Doerre (GER) 2:28:57, 5. Maria Lelut (FRA) 2:29:04, 6. Renata Kokowska (POL) 2:30:12, 7. Ramiliya Burangulova (URS) 2:30:41, 8. Naomi Watanabe (JAP) 2:31:23, 9. Tatyana Zuyeva (URS) 2:31:23, 10. Anna Villani (ITA) 2:31:26.

18. Joy Smith (USA) 2:34:20, 39. Karen Scholte (USA) 2:41:54, 56. Carol McLatchie (USA) 2:46:53.

U.S. World Cup Race Walk Team Trials

April 21, San Jose

Men's 20K

1. Tim Lewis (Reebok RC) 1:26:52, 2. Doug Fournier (Parkside AC) 1:27:39, 3. Allen James (AIA) 1:27:47, 4. Csurtis Fisher (NYAC) 1:28:12, 5. Don Lawrence (Propet Walkers) 1:28:53, 6. John Marter (Unat.) 1:29:17, 7. Jonathan Mathews (Golden Gate Racewalkers) 1:29:52, 8. Andrezej Chylinski (Unat.) 1:30:18, 9. Ray Sharp (Unat.) 1:30:57, 10. Carl Schueler (Reebok RC) 1:31:02.

11. Rob Cole (Wisconsin-Parkside) 1:31:29, 12. Herm Nelson (Club Northwest) 1:32:10, 13. Mark Varsano (East Side TC) 1:32:20, 14. Steve Pecinovsky (Potomac Valley Seniors) 1:34:23, 15. Tom Nutter (Carlinville Striders) 1:34:47, 16. Gary Morgan (NYAC) 1:35:26, 17. Richard Quinn (Potomac Valley Seniors) 1:35:31, 18. Philip Dunn (Unat.) 1:35:32, 19. James Lenschau (Golden Gate Race Walkers) 1:36:52, 20. Dave McGovern (Unat.) 1:38:28.

21. John Kerloff (Smoke River) 1:38:34, 22. Ian Whitley (Potomac Valley Seniors) 1:40:05, 23. Dan Pierce (Unat.) 1:41:24, 24. Richard Ashton (Easy Striders) 1:42:22, 25. Enrique Camarena (SoCal Walkers) 1:43:08, 26. Andrew Smith (NM Race

Walkers) 1:43:43, 27. Dana Marsh (Calif. Walkers) 1:45:20, 28. Chris Rael (SoCal Walkers) 1:45:23, 29. Skip Bockover (Golden Gate Race Walkers) 1:46:13, 30. Art Grant (So Cal Walkers) 1:46:17.

Women's 10K

1. Debbie Lawrence (Propet Walkers) 45:32, 2. Lynn Weik (Natural Sport) 46:56, 3. Teresa Valli (Natural Sport) 46:56, 4. Victoria Herazo (Calif. Walkers) 47:05, 5. Wendy Sharp (Natural Sport) 48:28, 6. Debora Van Orden (Unat.) 49:17, 7. Sara Standley (Natural Sport) 49:57, 8. Synda Brubaker (Unat.) 50:03, 9. Kim Wilkinson (Monterey Peninsula WWWC) 51:19, 10. Viisha Sedlak (Easy Spirit) 51:38.

11. Kaisa Ajaye (Unat.) 52:00, 12. Gayle Johnson (Ohio TC) 52:09, 13. Susan Liers (Natural Sport) 52:16, 14. Francene Bustos (Easy Spirit) 53:20, 15. Lizzy Kemp-Salvato (Unat.) 53:39, 16. Karen Rezac (Shore AC) 54:11, 17. Margaret Govea (Easy Striders) 54:14, 18. JoAnn Nedelco (Golden Gate Race Walkers) 54:34, 19. Cincy Palfumi (Golden Gate Race Walkers) 54:52, 20. Mataji Graham (American RWA) 55:01.

21. Jeanette Smith (Unat.) 55:32, 22. Mary Howell (unat) 56:14, 23. Daniela Hairabedian (Unat.) 56:35, 24. Jackie Kerby (American RWA) 56:57, 25. Alison Ashton (Easy Striders) 57:23, 26. Bev LaVeck (Pacific Pacers) 59:23, 27. Donna Gilliland (Golden Gate Race Walkers) 59:49 dq.

Road Runner Classic

April 27, South Pasadena. 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Froyler Sanchez 16:27. 12 & Under: 1. Anthony Santos 18:46, 2. Carlos Hernandez 22:16, 3. Samuel Alvarado 22:36, 13-15: 1. Joseph Alvarado 22:36, 2. Martin Valezuela 24:19, 16-18: 1. Froyler Sanchez 16:27, 2. Brian Holmes 17:15, 19-29: 1. Jose Jantillano 17:21, 2. Eugene Ancheta 17:40, 3. Pedro Soto 17:47, 30-39: 1. Takashi Yagisawa 16:46, 2. Dan Takehashi 16:52, 3. Mark White 17:26, 40-49: 1. Jim Flanigan 17:44, 2. Jim Brown 18:18, 3. Robert Nafie 18:22, 50-59: 1. Michael Palko 23:07, 2. Scott Carder 23:22, 3. Doug Buckmaster 23:42, 60-69: 1. Leonard Watts 21:04, 2. Jack Green 22:36, 3. Bill Rego 25:26, 70-79: 1. Robert Deines 32:23, 2. George Feinstein 27:18, Walk: 1. Richard Lenhart, 2. Paul Wysocki, 3. Joe McGrady.

Division Results - Women's 5K

Overall Winner: 1. Margaret Scuto 18:06, 12 & Under: 1. Jacqueline Medrano 23:50, 2. Maribel Chalko 26:24, 3. Kelly McGrady 30:09, 13-15: 1. Ronnie Martinez 26:03, 2. Nancy Madrid 30:34, 16-18: 1. Wendy Gustchow 22:12, 19-29: 1. Margaret Scuto 18:06, 2. Candy Robledo 20:33, 3. Chantal

Cravens 21:50, 30-39: 1. Therese Molina 20:32, 2. Bonnie Chun 21:25, 3. Blanca Barba 21:40, 40-49: 1. Rebecca Richer 24:15, 2. Anna Phipps 24:50, 3. Sharon Shorer 25:06, 50-59: 1. Rosie Wich N.T., 2. Marion Russell 26:37, 3. Nancy Green 26:57, 60-69: 1. Louise Martin 35:03, 70-79: 1. Mary Schudy 38:32, Walk: 1. Donna Cunningham, 2. Adele Gelfand, 3. Janice Austgen.

Division Results - Men's 10K

Overall Winner: 1. Greg Quinonez 31:26, 13-15: 1. Edward Vienneau 58:54, 2. Andrew Wamock 69:33, 3. James Wamock 70:55, 16-18: 1. Geoff Skarr 35:51, 2. Morgan Bobsack 61:43, 19-29: 1. Guy Quinonez 31:26, 2. Mark Costello 34:59, 3. Alexander Hetherington 35:29, 30-39: 1. William Read 32:39, 2. Jeff Snyder 34:59, 3. Rich Valdez 35:81, 40-49: 1. Philip Ryan 34:58, 2. Michael Blakelo 37:13, 3. Alex Meade 37:43.

Division Results - Women's 10K

Overall Winner: 1. Torie Pleasant 37:56, 12 & Under: 1. Prissila Rodriguez 51:31, 13-15: 1. Niki Gibson 59:42, 2. Lisa Miller 47:48, 19-29: 1. Torie Pleasant 37:56, 2. Shenda Baker 39:58, 3. Teri Adams 41:36, 30-39: 1. Dee Dee DeGrelia 45:13, 2. Christy Steele 45:20, 3. Susan Roberts 45:41, 40-49: 1. Sue Harmon 44:38, 2. Phyllis Pako 45:52, 3. Marie Slonski N.T., 50-59: 1. Herbert Rottenbacher 48:25, 2. Irene Bjeroack 51:89, 50-59: 1. Carlos Vega 43:29, 2. Bernie Brenes 43:49, 3. San Gee 44:35, 60-69: 1. Jack Home 41:56, 2. Bill Miller 45:20, 3. Bill Hullinger 49:15, 70-79: 1. Eddie Levin 46:49, 2. Dutch Benedetti 49:22.

A Run Through Redlands

April 28, Redlands. 5K, 10K & Half Marathon.

Division Results - Men's 5K

11 & Under: 1. Leo Bastidas 22:05, 2. Kevin Thurman 22:13, 3. Ian Swanson 22:19, 12-15: 1. Jaime Bastidas Jr. 17:01, 2. Chuck Shimels 17:27, 3. Lewis Young 18:06, 16-19: 1. Danny White 16:38, 2. Rick Rocklein 17:00, 3. Neal Christopherson 17:05, 20-29: 1. Douglas Jannusch 16:34, 2. Arthur Cooper 16:58, 3. Jeff Shockey 17:06, 30-39: 1. John Lema 17:03, 2. Chas Sanchez 17:43, 3. Rick Garrison 17:48, 40-49: 1. Bob Dillman 17:03, 2. Jesus Figueroa 17:45, 3. Jim Smith 18:03, 50-59: 1. Bill Crum 18:09, 2. Anthony Gomez 19:39, 3. Kent Steele 19:50, 60 & Over: 1. Frank Husak 22:23, 2. Ollie Harker 23:03, 3. Mac McCombs 23:21.

Division Results - Women's 5K

11 & Under: 1. Elizabeth Davila 22:49, 2. Marie Ferguson 24:41, 3. Alicia Wheelock 25:14, 12-15: 1. Elizabeth Robles 19:12, 2. Karen Villafuente 20:49, 3. Sylvia Garza 22:01, 16-19: 1. Vicky Munoz 19:58, 2. Juliet Vasquez 23:16, 3. Diana Weed 23:29.

20-29: 1. Brigid Freyne 19:46, 2. Gretchen Wuerch 22:19, 3. Kim Gordon 23:26, 30-39: 1. Patty Peoples 19:33, 2. Debra Gage 22:03, 3. Kim Strong 22:09, 40-49: 1. Kathy Saucedo 21:41, 2. Kenzie Thompson 22:29, 3. Portia Cornell 22:51, 50-59: 1. Elaine Brubacher 26:55, 2. Barbara Pflanz 27:52, 3. Sandra Gould 29:36, 60 & Over: 1. Janet Lee 32:20, 2. Barbara Camahan 33:00, 3. Helen Ferguson 36:01.

Division Results - Men's 10K

Overall Winners: 1. Alan Anzai 33:44, 2. Mat Underwood 33:44, 3. Brian Clary 34:07, 11 & Under: 1. Jordan McInroe 54:12, 2. Michael Day 55:47, 3. Joseph Green 58:07, 12-15: 1. Jason Hunter 40:03, 2. Robb Vm 41:34, 3. Michael Ross 41:42, 16-19: 1. Brian Ward 36:13, 2. Leon Michline 39:48, 3. Aaron Kottwitz 40:14, 20-29: 1. Alan Anzai 33:44, 2. Mat Underwood 33:44, 3. Brian Clary 34:07, 30-39: 1. Brian Wolf 34:17, 2. Mark Boyko 34:21, 3. Pedro Santoni 35:31, 40-49: 1. Bob McGeough 35:29, 2. Andrew O'Leary 36:11, 3. Fred Comer 38:09, 50-59: 1. Joe Cuevas 39:00, 2. Joaquin Brando 39:04, 3. Jess Maxcy 40:12, 60 & Over: 1. Bob Koch 43:31, 2. Jack Goertzen 45:49, 3. Vic Eberanz 48:14.

Division Results - Women's 10K

Overall Winners: 1. Carol Carrigan 38:16, 2. Rebecca Villegas 40:11, 3. Kathleen Gebauer 40:19, 11 & Under: 1. Caroline Miceli 1:14:10, 12-15: 1. Rebecca Villegas 40:11, 2. Anne Klassen 46:58, 3. Dixie Duncan 47:37, 16-19: 1. Pamela Slaughter 48:55, 2. Amy Jean Gorsline 50:17, 3. Bethany Elson 51:32, 20-29: 1. Michele Walsten 48:47, 2. Jeri Bruntz 50:36, 3. Mary Mroka 52:28, 30-39: 1. Carol Carrigan 38:16, 2. Christine Brandt 42:27, 3. Merinda Whitmore 43:58, 40-49: 1. Kathleen Gebauer 40:19, 2. Eleanor Smith 46:47, 3. Denise Gupton 47:38, 50-59: 1. Clarice Flower 53:11, 2. Doris Harvill 59:37, 3. Ann Wible 1:02:13, 60 & Over: 1. Anna Hollenberg 48:55, 2. Mary Storey 50:30, 3. Mary Ehrlich 1:09:30.

Division Results - Men's Half Marathon

Overall Winners: 1. Henry Chio 1:12:48, 2. Todd Nott 1:17:30, 3. John Holbeck 1:17:50, 12-15: 1. Owen Dougherty 2:41:10, 16-19: 1. Ken Stoeberl 1:26:15, 2. John Hinkleman 1:32:42, 3. Michael Keith 1:36:06, 20-29: 1. Todd Nott 1:17:30, 2. Jeff Ambos 1:18:40, 3. Andy Thacher 1:20:47, 30-39: 1. Henry Chio 1:12:48, 2. John Holbeck 1:17:50, 3. Pete Kirkham 1:25:43, 40-49: 1. Bill Sayers 1:30:06, 2. Duane Carney 1:30:11, 3. Ronald Brusca 1:31:40, 50-59: 1. Wally Ingram 1:36:05, 2. Jim Woulfe 1:39:50, 3. Frank Vasquez 1:40:44, 60 & Over: 1. Edmund Duffley 1:49:48, 2. Clarence Carnahan 2:03:56, 3. Glen Delay 2:05:12.

Division Results - Women's Half Marathon

Overall Winners: 1. Doreen Fay 1:26:41, 2.

RESULTS

Laureli Mazik 1:31:21, 3. Alice Bernard 1:34:22. 20-29: 1. Laureli Mazik 1:31:21, 2. Terri Russo 1:51:52, 3. Maryann Vanderhulst 1:55:20. 30-39: 1. Doreen Fay 1:26:41, 2. Alice Bernard 1:34:22, 3. Vicki Sparks 1:40:20. 40-49: 1. Patricia Stone 1:46:37, 2. Theresa Riley 1:46:37, 3. Dorothy Dobson 2:03:32. 50-59: 1. Ginny Beck 2:20:01, 2. Carole Pinkner 2:26:09.

Overall Results - Walk

1. Kris Hilsabeck 26:08, 2. Dave Snyder 27:33, 3. Donald Breyer 29:07, 4. Carrie Michelson 29:46, 5. Anna Britton 30:32.

Legg Lake Runs Evening Run

May 2. So. El Monte. 5K.

Overall Results

1. Geoff Skarr (17) 16:45, 2. James Moore (20) 16:48, 3. Eugene Ancheta 17:58.

San Gabriel River Evening Run

May 4. So. El Monte. 5K.

Overall Results

1. James Moore (20) 17:30, 2. Kevin Galbraith (33) 17:47, 3. Armando Hernandez 18:02.

Legg Lake Spikers Run

May 5. So. El Monte. 6K.

Overall Results

1. Enrique Castro 29:49, 2. Danie Zepeda 30:58, 3. Jaime Becerra 31:29.

Evening Run

May 9. So. El Monte. 5K.

Overall Results

1. Jim Copp (34) 17:12, 2. James Moore (20) 17:24, 3. David Butler (22) 18:46.

Pit Bull Run

May 11. So. El Monte. 5K.

Overall Results

1. George Marquez (24) 17:46, 2. Ozzie Osgood (44) 18:06, 3. Jerry Lawrence (38) 19:20.

Garritsons Run

May 12. So. El Monte. 5K.

Overall Results

1. David Butler 18:41, 2. Miguel Cruz 19:40, 3. Bruce Odou (63) 22:26.

Evening Run

May 16. So. El Monte. 5K.

Overall Results

1. James Moore (20) 16:52, 2. Joe Valle 17:31, 3. David Butler 18:10.

Great Western Run

May 19. So. El Monte. 5K.

Overall Results

1. Scott Rehnstrom (17) 17:07, 2. Jeff Mintz (41) 19:30, 3. Mike Goblirsch (31) 19:34.

Cabo Half Marathon & 5K Runs

May 4. San Jose Del Cabo.

Overall Results - 5K

1. Brian Appell (31) Fracc Los Fuent 16:23, 2. Andres Juarez-Luna (25) Cabo San Lucas 17:03, 3. Francisco Garcia (34) Whittier 17:09, 4. Telmo Valderama-Fló (32) Cabo

San Lucas 17:36, 5. Gloria Dehesa-Garci (28) Hollywood 18:46, 6. Catherine Demmel-mai (28) Hollywood 18:46, 7. No Name Available 19:11, 8. Tolineu Alcina (38) San Jose BCS 21:29, 9. Lori Hashim (32) Bakersfield 21:49, 10. Naider Ghadimi (36) Boulder, CO. 21:50.

11. Ramon Ascencio (25) Cabo San Lucas 22:34, 12. Mel Tucker (44) Flagstaff 22:37, 13. Chris Riley (44) Malibu 22:58, 14. Trudi Klassen (24) Burnaby 23:36, 15. Douglas Howarth (36) Palmdale 23:46.

Overall Results - Half Marathon

1. Reynoso Hernandez (28) 1:10:16, 2. Juan Romero (20) Bakersfield 1:15:18, 3. David Graham (31) San Pedro 1:20:21, 4. Guy Gary (32) Leucadio 1:23:19, 5. Galindo Quintana (21) Cabo San Lucas 1:24:09, 6. Jeff Press (35) Redondo Beach 1:24:16, 7. Olga Avalos De Appe (27) Frace Los Fuent 1:25:21, 8. Juan Jimenez-Pareda (22) Cabo San Lucas 1:33:02, 9. Bill Higgins (40) Huntington Beach 1:33:30, 10. Tane Abbott (28) San Francisco 1:33:47.

11. Robert Taloya (40) Bakersfield 1:34:42, 12. Richard Kaufman (42) Los Angeles 1:35:11, 13. Maria Mercedes Dehe (30) Mexico City 1:35:23, 14. Juan Manuel (31) 1:36:57, 15. Leslie King (38) Bakersfield 1:37:09, 16. Gary Richter (34) Burnaby 1:39:19, 17. Richard Amos (39) La Mirada 1:39:53, 18. Arnold Ramos (40) Oakland 1:40:59, 19. Armando Gama (27) Atascadero 1:41:25, 20. Scott Cuddihy (35) Huntington Beach 1:42:25.

Maranatha Half-Marathon

May 4. Sacramento. Half Mara. & 10K.

Overall Results - Half Marathon

1. Mike Deatherage (36) Suisun 1:14:39, 2. Gary Peters (30) St. Petersburg, FL. 1:15:20, 3. Curt Feenstra (32) Orangevale 1:16:14, 4. Gabriel Sandoval (43) Roseville 1:17:36, 5. Dennis Rinde (32) Orangevale 1:19:40, 6. Jeannie (28) Mather AFB 1:22:11, 7. Michael Ashenfelter (32) Fairfield 1:25:50, 8. Larry Castano (37) Novato 1:26:37, 9. Phil Coleman (38) Sacramento 1:28:04, 10. Charlie Hart (34) Rancho Cordova 1:28:55.

11. Anthony Bertie (33) Yuba City 1:29:54, 12. Kevin Hunter (30) Fremont 1:30:40, 13. James Lacy (27) Sacramento 1:30:42, 14. Sally Edwards (43) Sacramento 1:31:33, 15. Walt Wilser (44) Cupertino 1:31:41, 16. Mario Sanchez (39) Folsom 1:32:55, 17. Steve Topper (45) Sacramento 1:34:31, 18. Jeff Starsky (29) Folsom 1:34:55, 19. Beckie Starsky (27) Folsom 1:34:59, 20. Kim Is-ham (38) Roseville 1:35:33.

Overall Results - 10K

1. Tom Barrett (27) Auburn 32:40, 2. Terry Reitzel (26) Citrus Heights 34:22, 3. Thom (29) Citrus Heights 35:07, 4. Rick Melincoe (40) Rancho Cordova 36:35, 5. Dannie Early (34) Roseville 36:55, 6. Pat Cornwell (18) Novato 38:23, 7. Carl Laya (32) Sacramento 39:18, 8. Don Velle (17) Novato 39:40, 9. Gordon Long (25) Roseville 39:45, 10. Orville Fisher (31) Napa 40:08.

11. Rick Reyes (39) Sacramento 40:40, 12. Jack Elingman (32) Carmichael 41:07, 13. Robert Barkus (16) Novato 41:37, 14. Terry Hedemark (44) Fair Oaks 41:51, 15. Bill Kelly (38) Sacramento 41:54, 16. Jeff Miller (34) Yigo, CM. 42:31, 17. Jeff Dawes (49) Yuba City 44:01, 18. John Darlington (46) Nevada City 44:08, 19. Gene Pumphrey (64) Galt 44:28, 20. Bill Montag (35) Sacramento 45:19.

Great Rockwell Reservoir Runs

May 4. West Hills. 5K & 10K.

Overall Results - 5K

1. Tommy Leon (24) 16:52, 2. Jim Hughes (44) 16:55, 3. Pastor Portillo (22) 17:39, 4. Jess Perez (33) 17:45, 5. Nacho Fonseca (25) 18:07, 6. Marcus Castro (13) 18:12, 7. James Stepan (38) 18:18, 8. Jim Monahan (35) 18:23, 9. Jerico Enriquez (27) 18:29, 10. Louie Alvarez (14) 18:33.

11. Jason Gurtvitz (15) 18:43, 12. Nick Trozzi (30) 19:00, 13. Jim Spiegelberg (32) 19:03, 14. Juan Silva (34) 19:10, 15. Rune Nicklasson (33) 19:20, 16. Adam Platts (18) 19:24, 17. Kevin Farrell (25) 19:35, 18. Peter Faust (55) 19:35, 19. Henry Loo (23) 19:43, 20. Chuck Fieldand (32) 19:46.

Division Results - 10K

1. Tommy Leon (25) 32:40, 2. Ted Cotti (29) 32:47, 3. George Pierce (31) 35:22, 4. Jess Perez (33) 35:44, 5. Craig Head (38) 35:56, 6. Henry Loo (23) 36:19, 7. James Brennan (32) 36:38, 8. James Stepan (38) 36:40, 9. Ruben Ledesma (30) 37:11, 10. Barry Wilier (40) 37:19.

11. Jeffrey Burnton (34) 37:47, 12. Bob Stoy (33) 38:34, 13. Brian Stansauk (39) 38:34, 14. Andrew Rock (15) 39:25, 15. Thos Van Keuren (46) 39:28, 16. Troy Monges (28) 39:36, 17. Raymond Alvarez (33) 39:39, 18. Peter Faust (55) 39:43, 19. Matthew Domek (36) 39:55, 20. Wisse De Nes (28) 40:02.

Avenue of the Giants

May 5. Weott.

Overall Results

1. Harry Cottrell (45) Inver Gr Hts. 2:33:12, 2. James Washington (37) Arcata 2:34:30, 3. Jacques Boutet (34) Anchorage, AK. 2:39:15, 4. Frank Hutchinson (38) Los Osos 2:44:48, 5. Craig Thornley (27) Tempe, AZ. 2:47:30, 6. Rodney Smith (40) Big Bear Lake 2:48:16, 7. Emo Mello (39) Crescent City 2:51:07, 8. Lance Westland (32) Albany, OR. 2:51:29, 9. Timothy Martin (42) Arcata 2:52:12, 10. Roger Zoldan (44) Fremont 2:55:55.

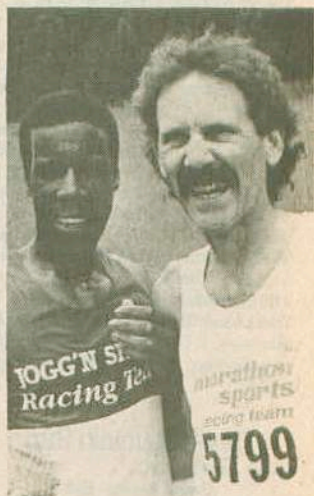
11. Thomas Lorenson (32) Sunnyvale 2:56:29, 12. Andrew Dunn (28) Renton, WA. 2:56:51, 13. Fred Kiddy (57) Bishop 2:56:59, 14. Dane Hart (34) Euroka 2:57:13, 15. Joseph Eder (30) Saratoga 2:57:38, 16. Michaels Mallory (39) Carrollton, TX. 2:58:43, 17. Mark Goldman (41) Cupertino 2:58:55, 18. Arthur Javar (35) Napa 2:59:10, 19. Scott Winfield (30) Arcata 2:59:17, 20. Bad Bob Omelas (37) Arcata 2:59:19.

Division Results - Woman

20-29: 1. Traci Moore 3:12:49, 2. Christine Marsh 3:20:44, 3. Anna Renee Weidhofer 3:23:05. 30-34: 1. Tammy Batterton 3:25:07, 2. Kathleen Shaw 3:28:04, 3. Beth Abels 3:34:36. 35-39: 1. Alison Goss 3:25:25, 2. Patti Dart 3:36:43, 3. Carole Bolger 3:46:46. 40-44: 1. Betty Wagner 3:19:08, 2. Glenda Loutwyler 3:31:09, 3. Robin Hobbs 3:36:42. 45-49: 1. Janice Rensch 3:56:01, 2. Kathie Maxwell 4:07:15, 3. Hilda Ayala 4:17:55. 50-54: 1. Sandra Kiddy 3:03:48, 2. Louise Walters 3:49:00, 3. Alexandria Vitomski 4:25:32. 60-64: 1. Betty Gillette 3:46:14, 2. Pauline Lindquist 7:42:20. 70-74: 1. Merna Guthrie 7:42:20.

Division Results - Men

19 & Under: 1. Matthew Rumbaugh 3:54:32. 20-29: 1. Craig Thornley 2:47:30, 2. Andrew Dunn 2:56:51, 3. Kort Glaubitz 3:03:34. 30-34: 1. Jacques Boutet 2:39:15, 2. Lance Westland 2:51:29, 3. Thomas Lo-



HARRY COTTRELL (left) and JAMES WASHINGTON

renson 2:56:29. 34-39: 1. James Washington 2:34:30, 2. Frank Hutchinson 2:44:48, 3. Emo Mello 2:51:07. 40-44: 1. Rodney Smith 2:48:16, 2. Timothy Martin 2:52:12, 3. Roger Zoldan 2:55:55. 45-49: 1. Harry Cottrell 2:33:12, 2. James Scheer 3:01:12, 3. Tom Balcom 3:04:25. 50-54: 1. Sam Vandenberg 3:05:01, 2. Nick Ries 3:06:10, 3. Joseph Holmberg 3:21:08. 55-59: 1. Fred Kiddy 2:56:59, 2. Michael McGie 3:08:21, 3. Joseph Kozlin 3:15:15. 60-64: 1. Mel Kindel 3:34:10, 2. Clarence Camahan 4:26:49, 3. Len Wilson 4:31:42. 75-79: 1. Thomac Cullen 6:22:49. Wheelchair: 1. James Schoenherr 3:38:01, 2. Kenneth Wright 5:29:17.

Cinco De Mayo Run

May 5. San Diego. 10K

Division Results - Men

Overall Winners: 1. Gary Brimmer 32:50, 2. Sid Blackwell 35:03, 3. Robert Arntington

RESULTS

36:39. 12 & Under: 1. Colin Donnelly 42:11, 2. Trevor Prewett 47:24, 3. Bill Strand 49:16. 13-17: 1. Julio Juarez 35:41, 2. Justin Marujo 41:38, 3. Tony Harris 49:55. 18-29: 1. Gary Brimmer 32:50, 2. Chris Wilde 33:24, 3. Bryan Walbank 34:24. 30-39: 1. Tom Hauser 34:51, 2. Sid Blackwell 35:03, 3. Alberto Vargas 35:49. 40-49: 1. Loren McKnight 36:44, 2. Robert Jordan 39:35, 3. Greg Sheffer 40:00. 50-59: 1. Mike Tastad 40:46, 2. James Hayman 41:16, 3. John Terrell 41:45. 60-69: 1. Toni Deal 49:05, 2. Dove Coltharp 55:39, 3. Sheila Pickwell 58:21. 70 & Over: 1. Charles Kachadooria 44:37, 2. Carl Elwick 56:40, 3. C. Donald Caughey 1:03:29. 70 & Over: 1. Hal Erick 53:16, 2. Richard Harris 1:09:22, 3. Bob Hutchins 1:10:12. Wheelchair: 1. Paul Idiew 29:55, 2. Dan Larson 33:44, 3. Dan Cronin 34:50. Racewalk: 1. Howard Airhart 1:05:56.

Division Results - Women

Overall Winners: 1. Nancy Morris 49:08, 2. Rene Coughenour 1:06:45. 12 & Under: 1. Veronica Soto 1:16:19, 2. Jessica Rojas 1:17:55. 13-17: 1. Fabiola Gallardo 1:01:47, 2. Jill Twombly 1:02:20. 18-29: 1. Jacqueline Hayes 38:43, 2. Neda Vossoughi 44:27, 3. Jacqueline Chapin 45:56. 30-39: 1. Renee Pepin 42:38, 2. Laura Jurek 45:04, 3. Rose Reilly 47:37. 40-49: 1. Robin Paine 40:22, 2. Angeles Gastelum 43:08, 3. Kerry Tabler 44:02. 50-59: 1. Mike Tastad 40:46, 2. James Hayman 41:16, 3. John Terrell 41:45. 60-69: 1. Marion Taylor 1:38:11. 70 & Over: 1. Jean McClean 1:04:55, 2. Judy Simon 1:05:02. Wheelchair: 1. Paul Idiew 29:55, 2. Dan Larson 33:44, 3. Dan Cronin 34:50. Racewalk: 1. Lizzy Kemp-Salvato 53:09, 2. Sue Hornung 54:07, 3. Monica Grage 1:07:57.

Devil Mountain Run

May 5. Danville. 10K.

Overall Results - Men

1. Brian Abshire (27) Folsom 29:08, 2. John Barrett (27) Oakland 30:32, 3. William Donakowski (34) El Sobrante 30:45, 4. John Morse (26) Walnut Creek 31:12, 5. Jose Pilar Alsipuro (29) Aptos 31:33, 6. Dan Stefanisko (28) San Jose 31:45, 7. Daniel Buntman (33) Morgan Hill 31:53, 8. Scott Steinmaus (30) Hayward 31:58, 9. Hal Schulz (32) Fairfax 32:32, 10. Brooks Boyd (23) San Francisco 32:41.

Overall Results - Women

1. Laura Bruess (30) Castro Valley 36:58, 2. Judy Pickett (27) Concord 38:20, 3. Sheri McCarroll (27) San Jose 38:27, 4. Sue Vinella-Brusher (36) Oakland 38:28, 5. Mary Rees (29) Berkeley 38:34, 6. Kristin Jacobs (26) Los Gatos 39:42, 7. Tracy Miller (27) Walnut Creek 40:31, 8. BZ Churchman (29) Hercules 40:43, 9. Donna Troyne (36) Menlo Park 41:43, 10. Suzanne Margerum (31) San Ramon 42:25.

Division Results - Men

5-12: 1. Brad Dietrich 37:10, 2. Carl Lederman 46:24, 3. Mike Reed 47:31. 13-18: 1. Gregory Macaulay 39:38, 2. Jordan Jarosz 40:27, 3. Robert Johnson 41:09. 17-29: 1.

Brian Abshire 29:08, 2. John Barrett 30:32, 3. John Morse 31:12. 30-39: 1. William Donakowski 30:45, 2. Daniel Buntman 31:53, 3. Scott Steinmaus 31:58. 40-44: 1. Dave Stanciliffe 33:52, 2. Bill Seaver 34:55, 3. Bill Dunn 35:16. 45-49: 1. Jim Reitz 35:23, 2. Ron Clark 37:49, 3. Bob Johnson 38:42. 50-54: 1. Tom Rose 37:57, 2. Joe Hancock 38:06, 3. Tom Mota 38:27. 55-59: 1. Bill Buhl 46:44, 2. Roger Auch 47:35, 3. Richard Kellagher 48:02. 60-64: 1. Bill Stowell 43:58, 2. David Nethaway 44:48, 3. Bruce Oliver 45:19. 65-69: 1. Erling Myhrer 48:05, 2. Robert De Chene 48:09, 3. Steve Wolshins 50:11. 70 & Over: 1. Mel Shine 54:13, 2. Albert Jarschke 57:44, 3. Val Atencio 1:03:54.

Division Results - Women

5-12: 1. Julia Stamps 46:21, 2. Tia Luciano 59:18, 3. Katie Hale 1:01:54. 13-16: 1. Pamela Benjamin 49:13, 2. Laura Bennett 52:07, 3. Elizabeth Coombs 55:06. 17-29: 1. Judy Pickett 38:20, 2. Sheri McCarroll 38:27, 3. Mary Rees 38:34. 30-39: 1. Laura Bruess 36:58, 2. Sue Vinella-Brusher 38:28, 3. Donna Troyne 41:43. 40-44: 1. Fay Tony 45:34, 2. Nancy Taylor 47:06, 3. Betty Jordan 47:49. 45-49: 1. Dianne Anderson 46:57, 2. Pamela Thompson 51:03, 3. Susie Fern 51:24. 50-54: 1. Gunvor Sommerhaug 49:44, 2. Linda Bandler 50:56, 3. Sharon Marsh 53:02. 55-59: 1. Barbara Robben 53:52, 2. Lynne Henze 54:25, 3. Mary Woodley 1:00:07. 60-64: 1. Lorraine Sharmen 58:05, 2. Joyce Gross 1:27:04. 65-69: 1. Helen Sowers 1:08:48. 70 & Over: 1. June Thompson 1:05:26.

Humpday I

May 8. Chico. 5K.

Overall Results

1. Peter Churney (32) 15:17, 2. David Larabee (24) 15:21, 3. Chris Pressman (23) 15:27, 4. Tom Cushman (37) 15:40, 5. Larry Rinney (23) 15:50, 6. Todd Stevens (18) 15:52, 7. Todd DiPietro (20) 15:57, 8. Mary Joseph (35) 16:04, 9. Toni Ruggle (36) 16:05, 10. Brad Lael (26) 16:07. 11. Robert Johnston (25) 16:16, 12. Gary Towne (23) 16:23, 13. Dave Liotta (21) 16:31, 14. Chris Myers (19) 16:53, 15. Vincent Gama (30) 16:53, 16. Kevin White (22) 16:54, 17. Dane Frazier (18) 17:01, 18. Kevin Barry (31) 17:04, 19. Tom Peet (31) 17:08, 20. Terry Hooker (37) 17:09.

Team Results

1. Beach Hangover Rehab, 2. The Freshman, 3. Chico Heat, 4. The Producers, 5. Pink Hoods.

Aptos Marathon

May 11. Aptos. Marathon, 16 MI & 10K.

Overall Results - Marathon

1. Don Rebal (47) Campbell 3:18:53, 2. John David Mark (38) Santa Cruz 3:25:39, 3. Kevin Thompson (37) Redwood City 3:26:14, 4. Dana Carin Tryde (35) Los Osos 3:30:07, 5. Gregory Goldspring (29) Alameda 3:32:58.

Overall Results - 16 Mile

1. Gary Fleischman (29) San Jose 1:45:50,

2. John Hunter (45) San Jose 1:45:53, 3. Bert Lundy (36) Marina 1:48:03, 4. Jerry Mills (40) Aptos 1:48:50, 5. John Gorin (32) Sunnyvale 1:50:13, 6. Craig Lee (29) Salinas 1:50:26, 7. Eric Stasiak (26) Oxnard 1:51:07, 8. D Hartley (52) Scotts Valley 1:51:17, 9. Liam Jones (15) Aptos 1:52:29, 10. Ed Abouseif (31) San Jose 1:52:39.

Overall Results - 10K

1. Stuart Wiseman (23) Berkeley 32:08, 2. Ken Cicinelli (25) San Jose 36:33, 3. Bill Browne (41) Santa Rosa 37:32, 4. Vasilis Kondylis (40) Watsonville 37:53, 5. Javier Ramirez (26) Watsonville 38:26, 6. Isaias Lona (14) Watsonville 38:58, 7. Rick Stuit (29) San Bruno 39:11, 8. Scott Lewis (33) Santa Cruz 38:46, 9. Stephanie Sedin (24) San Francisco 42:26, 10. Thomas Cooke (57) Oakland 42:30.

Angel Island Fun Run & Stride

May 11. San Francisco. 4.8 MI.

Overall Results - Men

1. John Foley (25) San Francisco 32:23, 2. Craig Steinmans (29) San Francisco 32:24, 3. Peter O'Reilly (32) Stinson Beach 32:29, 4. Dale Londres (26) San Rafael 32:29, 5. Francis Tarvat (30) San Francisco 32:30, 6. Joseph Naughten (28) Richmond 32:35, 7. Matt Wilkinson (25) Fremont 35:35, 8. Thomas Murphy (27) San Francisco 32:36, 9. Dan Johnson (35) Cupertino 32:42, 10. Mre Farkas (29) Berkeley 32:44.

Overall Results - Women

1. Toni Hartlaub (23) Burlingame 43:44, 2. Noreen DeBettencourt (24) San Francisco 43:48, 3. Susan Boon (32) Woodside 43:49, 4. Laure Riebeling (34) Mill Valley 43:49, 5. Katharina Berge (48) Berkeley 43:53, 6. Kathleen Arelio (33) San Francisco 43:55, 7. Kelly Donaldson (28) San Francisco 43:55, 8. Karen Zappala (29) Sausalito 43:59, 9. Valerie Hamilton (33) Windsor 44:01, 10. Patricia Gambera (29) Sacramento 44:05.

6-12-24 Hour Heartbeat Challenge

May 11. Pleasant Hill. 440 Yard Track.

Eighteen runners participated, and over \$9,000 was raised for the American Heart Association in this second annual run.

When first place male finisher Gary Hilliard passed the 100 mile mark in the wee hours of Sunday morning, he smiled and announced for all to hear that he had earned a rest and that he would walk for the remaining hours of the event. Shortly thereafter, realizing that 120 miles was well within reach, he resumed his remarkable running pace of 2:40 per quarter mile to ultimately shatter Don Choi's last years record of 101 miles.

1. Gary Hilliard (24:00)	121 mi.
2. Louis Richards (24:00)	100 mi.
3. Stephen Dorenzo (13:50)	75 mi.
4. Jack Riley (24:00)	70 mi.
5. Don Chorley (12:00)	50 1/2 mi.
6. Pam Gardner (24:00)	44 mi.
7. Mark Galipeau (6:00)	35 mi.

8. Dard Andrew Hunter (6:00)	32 1/2
9. Arthur Acosta (10:18)	32 1/2 mi.
10. Jess Pontious (6:00)	30 mi.
11. Mary Waltz (6:00)	20 mi.

Quicksilver 50

May 11. 50K & 50 Mile.

Overall Results - 50K

1. Dave Scott (33) 4:08:08, 2. Lee DiNapoli (34) 4:13:14, 3. Errol Jones (41) 4:23:38, 4. Stephen Christian (40) 4:25:28, 5. Michael Hicks (49) 4:46:43, 6. Doug Bailey (39) 4:48:44, 7. Mark Warner (32) 4:50:30, 8. Ronald Biggers (45) 5:02:59, 9. Jerry Collette (50) 5:09:04, 10. John Freese (39) 5:11:44. 11. Larry England (35) 5:15:05, 12. David Nakashima (43) 5:17:30, 13. Bill Bowers (62) 5:19:34, 14. Tracy Achelis (37 F) 5:20:17, 15. Lee Jobian (49) 5:25:01, 16. Darrell Schlee (50) 5:26:03, 17. Jerry Silverman (42) 5:26:08, 18. Bob Gilbert (42) 5:27:00, 19. Sue Francis (38 F) 5:30:52, 20. Richard Fisher (44) 5:30:54.

Overall Results - 50 Mile

1. Tom Johnson (31) 7:06:45, 2. Bruce Aldrich (35) 7:47:05, 3. Pat Whyte (42) 8:01:54, 4. Mike Hoog (27) 8:06:15, 5. Bill Finkbeiner (35) 8:18:17, 6. Chris Knoch (26) 8:37:06, 7. Dan Theodore (38) 8:40:27, 8. Lorraine Gersitz (37 F) 8:48:07, 9. Chris Cole (28) 8:57:00, 10. George Parrott (47) 9:02:25. 11. Robert Barker (46) 9:03:34, 12. Ron Kovacs (52) 9:06:32, 13. Charlie Lincoln (40) 9:08:28, 14. John Medinger (40) 9:22:39, 15. David Kim (48) 9:24:45, 16. Richard Laine (61) 9:32:40, 17. Doug Miller (48) 9:40:12, 18. Jim Wholey (44) 9:43:42, 19. Eph Romesberg (60) 9:45:12, 20. Ed Garrigues (53) 9:50:37.

Run for the Crown

May 11. Corona. 5K & 10K.

Division Results - Men's 10K

Overall Winner: 1. Joel Hope 32:14. 14 & Under: 1. Eduardo Gutierrez 42:24, 2. Ernest Lawson 43:51, 3. Aaron Segaar 45:25. 15-18: 1. Joel Galvez 37:32, 2. Gonzales Cervantes 39:15, 3. Michael Villegas 40:14. 19-24: 1. Jeff Sylvia 37:21, 2. Miguel Olguin 38:17, 3. Marino Mateo 39:51. 25-29: 1. Henrik Gabrielyan 34:34, 2. Andy Thacher 35:47, 3. Joe Morgan 36:39. 30-34: 1. Joel Hope 32:14, 2. Brad Alexander 32:44, 3. Chris Jagers 34:25. 35-39: 1. James Jacobs 37:10, 2. Doug Fair 38:07, 3. Michael Palmer 38:18. 40-44: 1. Richard Hargis 39:29, 2. Don Hunt 39:54, 3. Art Shahan 42:28. 45-49: 1. Wayne Mitchell 37:38, 2. Fred Lindley 38:03, 3. David Presswood 43:57. 50-54: 1. Joaquin Granada 40:17, 2. Ray Hughes 40:54, 3. Paul Wooldridge 41:51. 55-59: 1. Don Moore 43:56, 2. Dick Belliss 47:58, 3. Ray Gonzalez 48:55. 60-64: 1. Marvin Warren 44:20, 2. Bob Koch 45:08, 3. Edmund Duffley 49:42. 65-69: 1. John Thompson 50:09, 2. Philip Smart 59:13, 3. Roberto Rocha 1:01:47. 70 & Over: 1. Donald Dilworth 47:15, 2. Steve White 53:15, 3. Ferdi Gonzales 57:59.

RESULTS

Division Results - Women's 10K

Overall Winner: 1. Susan Steiner 42:33. 14 & Under: 1. Isabelle Perez 50:50. 15-18: 1. Susan Steiner 42:33. 19-24: 1. Elvia Riviera 44:18, 2. Martha Guadiana 45:06, 3. Tracy Robertson 54:26. 25-29: 1. Traci Dworshak 46:35, 2. Lorrie Schmidt 47:10, 3. Sally Lachman 48:06. 30-34: 1. Tamara Morales 43:24, 2. Vicki Sparks 44:54, 3. Linda Nelly 45:15. 35-39: 1. Bea Plank 51:09, 2. Kathleen Curto 53:43, 3. Tracy Newson 54:15. 40-44: 1. Georgette Schultz 55:59, 2. Janice Collins 1:23:52, 3. M. Walker 1:23:53. 45-49: 1. Margaret Waldron 52:39, 2. Theresa Riley 53:55, 3. Shirley Konya 54:48.

Division Results - Men's 5K

Overall Winner: 1. Danny Reed 14:45. 14 & Under: 1. Darin Wisheart 19:55, 2. Sammy Orozco 20:13, 3. Steve Moore 20:54. 15-18: 1. Allen Vela 17:25, 2. Tony Corica 17:33, 3. Jeremy Palmer 17:35. 19-24: 1. Ed Raya 15:23, 2. Roberto Alagria 16:56, 3. Steven Gladwell 17:06. 25-29: 1. Kevin Broady 15:14, 2. Bobby Adams 15:21, 3. Mario Naranjo Trejo 16:45. 30-34: 1. Danny Reed 14:45, 2. Gilbert Mata 17:12, 3. Glen Reid 18:19. 35-39: 1. Rich Valdez 16:43, 2. Jeff Kinzel 17:04, 3. Paul Ciano 18:21. 40-44: 1. Scott McKown 18:30, 2. Tom Chorbagan 18:49, 3. Mike St. Andre 18:56. 45-49: 1. Gary Riley 18:37, 2. Jim Powers 18:40, 3. Glenn Gorelick 18:56. 50-54: 1. Manuel Rojas 17:30, 2. Booker Washington 19:29, 3. Fredric Hermann 20:42. 55-59: 1. Wally Ingram 19:33, 2. Martin Hicks 21:05, 3. Hank Munoz 21:24. 60-64: 1. Tracy Brown 20:31, 2. Frank Husak 21:50, 3. Ollie Harker 22:19. 65-69: 1. Gerald Jacobs 24:29, 2. Ellyer Slick 25:36, 3. John Mooshagian 28:11. 70 & Over: 1. Pete Ganahl 26:25, 2. Phil Castle 28:27.

Division Results - Women's 5K

Overall Winner: 1. Marilyn Broady 18:39. 14 & Under: 1. Inez Lopez 20:20, 2. Chantelle Rodriguez 23:57, 3. Joanne Faye 25:40. 15-18: 1. Deborah Jones 26:58, 19-24: 1. Eileen Perez 23:55, 2. Jennifer Jacklin 24:32, 3. Christine Chavez 24:39. 25-29: 1. Marilyn Broady 18:39, 2. Lori Hoeschlin 22:11, 3. Pamela Ingebrightsen 22:30. 30-34: 1. Maryann Kemp 22:56, 2. Pamela McArthur 22:57, 3. Cynthia Clamp 23:17. 35-39: 1. Kim Strong 21:39, 2. Lea Thickett 23:15, 3. Candice Roberts 23:46. 40-44: 1. Tonya Prescott 21:15, 2. Barbara Spatz 21:52, 3. Anna Kessler 22:38. 45-49: 1. Raquel Magana 23:59, 2. Connie Briggs 26:00, 3. Janice Aldenier 27:36. 50-54: 1. Sheila Acosta 31:03, 2. Jeanie Tanaka 36:45, 3. Dottie Schwiager 49:52. 55-59: 1. Nancy Waterman 32:24, 2. Rosemary McMackin 37:43, 3. Laureta Gibbs 44:43. 60-64: 1. Mary Ehrlich 34:31, 2. Alice Moreno 37:59, 3. Dorothy Brown 41:01. 65-69: 1. Margaret Ann Cody 28:45, 2. Darlene Minot 53:47. 70 & Over: 1. Janina Myrda 52:59.

Family Category Results

Sister/Sister: 1. Miriam Tomboc-Perez/Judy Tomboc-Perez 54:46. **Brother/sister:** 1. Jason Carranza-Ramirez/Suzanne Carranza-Ramirez 44:45. **Mother/Daughter:** 1. An-

toinette Morales/Jeanie Tanaka 73:24. **Mother/Son:** 1. Clarke Potter/Mary Centera 47:13. **Father/Daughter:** 1. Fritz Rodriguez/Chantelle Rodriguez 44:15. **Brother/Brother:** 1. Manuel Rojas/Robert Rojas 38:15. **Husband/Wife:** 1. Kevin and Marilyn Broady 33:53. **Father/Son:** 1. Brian Rice/Steve Rice 41:23.

Human Race

May 11, San Rafael, 10K

Division Results - Men

Overall Winners: 1. Arthur Welch 33:00, 2. Bob Cooper 35:28, 3. Mike Lopez 35:37, 4. Bruce Phinney 35:44, 5. Jason Maintzer 36:00, 6. Patrick Carr 37:12, 7. Daniel Rosenthal 37:28, 8. David Leipsic 37:38, 9. Wayne Linse 37:46, 10. David Collins 37:47. 5-14: 1. Jon Genant 40:10, 2. Mark Lion 50:10, 3. Matt Mordue 51:33. 15-19: 1. Jason Maintzer 36:00, 2. Jon Merrill 44:57, 3. Nick Tatro 48:09, 20-29: 1. Arthur Welch 33:00, 2. Daniel Rosenthal 37:28, 3. David Leipsic 37:38. 30-39: 1. Bob Cooper 35:28, 2. Mike Lopez 35:37, 3. Bruce Phinney 35:44. 40-49: 1. Fred Liebes 38:55, 2. Connaire Chateaubri 39:13, 3. Tom Sweet 40:14. 50-59: 1. Martin Hillyer 41:58, 2. Ian Watson 43:43, 3. Norman Ciampi 44:39. 60 & Over: 1. John Nelson 55:59, 2. Gordon Creswell 56:01.

Division Results - Women

Overall Winners: 1. Yumi Takahashi 40:58, 2. Janet Gallagher 42:21, 3. Maria Johnson 42:55, 4. Frances Ankers 43:05, 5. Mary Huereca 44:14, 6. Shirley Riddle 44:36, 7. Heidi McGuire 45:57, 8. Sue Alo 46:08, 9. Danielle Cane 46:25, 10. Karen Kunst 47:31. 5-14: 1. Mary Huereca 44:14, 2. Acacia Allen 48:54, 3. Vanessa Vanhartesvel 55:09. 15-19: 1. Paris Birch 48:57, 2. Nicole Flynn 52:45, 3. Holly Johnson 52:45. 20-29: 1. Janet Gallagher 42:21, 2. Maria Johnson 42:55, 3. Karen Kunst 47:31. 30-39: 1. Yumi Takahashi 40:58, 2. Frances Ankers 43:05, 3. Heidi McGuire 45:57. 40-49: 1. Shirley Riddle 44:36, 2. Danielle Cane 46:25, 3. Bridie Dillon 55:02. 50-59: 1. Katherine Singer 49:04, 2. Gail Graser 53:05, 3. Judie Donovan 55:26. 60 & Over: 1. Jill Debow 56:36, 2. Charlotte Lewis 1:05:26.

Smokey Bear Run

May 11, Bass Lake, 1K, 2 Mi., 10K

Division Results - 1K Junior Ranger

Boys 6 & Under: 1. Richie Arredondo 4:01. 7-10: 1. Brent Judd 3:22.

Girls 6 & Under: 1. Aryn Hayden 4:49. 7-10: 1. Alicia Bleaker 3:43.

Division Results - Men's 2 Mile

Overall Winner: 1. Lawrence Shaw 10:11. 10 & Under: 1. Dustin Garrel 16:17, 2. Jason York 17:13, 3. Michael Capuchino 17:17. 11-14: 1. Kenny Lake 11:57, 2. Travis Keller 12:20, 3. David Purdun 12:33. 15-19: 1. Sean Rios 10:15, 2. Peter Gallegos 10:49, 3. Tony Solerio 11:03. 20-29: 1. Gumaro Castellanos 12:04, 2. Rosendo Garza 12:06, 3. Mark M. 12:22. 30-39: 1. John Robinson 10:56, 2. Michael Miles 11:01, 3. Lester Smith, Jr. 11:32. 40-49: 1. Craig Elia 11:04,

2. Curt Elia 11:25, 3. Isaac Melo 12:15. 50-59: 1. Dan Smith 16:52. 60 & Over: 1. Kenneth Sager 18:36, 2. Monroe Clark 23:10, 3. Hal Waksdal 27:06.

Division Results - Women's 2 Mile

Overall Winner: 1. Sue O'Sullivan 13:08. 10 & Under: 1. Heather Bleaker 14:25, 2. Staci Keller 17:44, 3. Kathryn Robinson 18:00. 11-14: 1. Amber Daniels 14:39, 2. Jocelyn Keller 14:50, 3. Terri Judd 14:52. 15-19: 1. Marcie Kasterson 14:21, 2. Melanie Brenyas 16:13. 20-29: 1. Magda Williams 14:26, 2. Debra Robinson 16:23, 3. Leslie Bridges 16:42. 30-39: 1. Deanna Coburn 14:54, 2. Cindy Montgomery 15:25, 3. Eugenia Savala 16:08. 40-49: 1. Leslie Wingert 14:11, 2. Vikki Belton 15:45, 3. Dorothy Parida 17:20. 50-59: 1. Theanne Woodruff 20:20, 2. Pat Coffrey 20:39, 3. Alice Sager 23:13. 60 & Over: 1. Mary Aroz 17:31, 2. Elaine Clark 23:12, 3. Dot Morris 34:06.

Division Results - Men's 10K

Overall Winner: 1. James Hartig 33:38. 15-19: 1. Jed Suerssig 35:01, 2. Luis Gomez 36:10, 3. Scott Curtis 36:48. 20-29: 1. Mark Pelham 36:57, 2. Adrian Reyes 39:34, 3. Michael Fraicks 40:11. 30-39: 1. Greg Pope 34:32, 2. Art Villegas 36:03, 3. Joe Alvarado 37:47. 40-49: 1. Robert Lindsey 35:16, 2. John Aldrich 37:18, 3. Steven Levy 37:45. 50-59: 1. Tommy Upton 41:28, 2. Frank Delgado 41:45, 3. Ric Zamarripa 41:58. 60 & Over: 1. Ed Carlson 1:08:02.

Division Results - Women's 10K

Overall Winner: 1. Tanis Wigenberg 39:08. 15-19: 1. Hope Rodriguez 46:56, 2. Jenny Robison 58:51. 20-29: 1. Mary Ann Alvarez 40:55, 2. Kate Jennings 43:33, 3. Colleen Terris 44:25. 30-39: 1. Diane Vartanian 41:13, 2. Allison Robb 44:25, 3. Carmen Monsbais 46:06. 40-49: 1. Margie Lindsey 41:36, 2. Karen Lynch 44:33, 3. Carolyn Campbell 46:37. 50-59: 1. Glenda Morgan 54:16.

Run for the Health of It

May 11, Gilroy, 10K & 3 Mile Walk

Division Results - Men

Overall Winner: 1. Jim Flint 31:57. 14-18: 1. Alan Stuker 41:05, 2. Phillip McShane 43:15. 19-29: 1. Brian Wright 35:18, 2. Sean McCormack 35:45, 3. Eric Martens 38:22. 30-39: 1. Jim Flint 31:57, 2. Gus Hernandez 37:35, 3. Michael Rudd 39:06. 40-49: 1. Jose Garcia 33:02, 2. Lon Kincannon 36:01, 3. Dete Kraus 37:30. 50-59: 1. Bob Tarozzi 38:54, 2. William Elodberg 40:12, 3. Fernando Leon 41:20. 60-69: 1. Thomas Gutierrez 45:05, 2. Don Anhorn 48:24, 3. George Kuska 51:53. 70 & Over: 1. Mel Shine 54:58, 2. Toby Soleranzo 63:49.

Division Results - Women

Overall Winner: 1. Barbara Frank 39:21. 10-13: 1. Elena Garcia 46:09, 2. Daniela Garcia 57:45. 19-29: 1. Laurel Lembo 50:27, 2. Laura Michelini 52:29, 3. Rita Luna 52:50. 30-39: 1. Barbara Frank 39:21, 2. Beatriz Prado 43:56, 3. Brenda Cranford 46:54. 40-49: 1. Fay Tong 44:05, 2. Karen Yinger 46:51, 3. Glynn Crabb 48:13. 50-59: 1. Glenna Drake 49:57, 2. Diane Bromstead 50:05,

3. Annis Lambo 51:56. 60-69: 1. Peggy Pridmore 64:40.

Tri Valley Human Race

May 11, Pleasanton, 5K & 10K

Division Results - Men's 5K

Overall Winners: 1. Rob Horn 17:38, 2. Brian Davis 18:02, 3. Craig Whichard 18:27. 10 & Under: 1. Rob Horn 17:38, 2. Eric Hanau 27:23, 3. Steven Syth 30:06. 11-14: 1. Matt Brady 20:29, 2. Jeremy Czapinski 24:21, 3. Brian Wissman 25:04. 15-19: 1. Mike Keegan 21:26, 2. Adam Ozarsk 22:51, 3. Lee Candy 35:37. 20-29: 1. Terrence Rodriguez 19:14, 2. David Greene 27:00, 3. Greg Keller 27:27. 30-39: 1. Brian Davis 18:02, 2. Craig Whichard 18:27, 3. Charles Martin 19:16. 40-49: 1. Jim Reitz 18:30, 2. Robert Sakai 19:43, 3. Michael Elliott 20:25. 50-59: 1. Bob Longwell 22:03, 2. Jay Veuve 22:04, 3. Peter Lent 23:29. 60-69: 1. Walter Eneidi 27:29, 2. Norman Thomas 30:14, 3. Wayne Zimmermann 31:07. 70-79: 1. John Guinee 30:42, 2. Benjamin Levitan 41:37.

Division Results - Women's 5K

Overall Winners: 1. Holly Noack 23:16, 2. Sue Goddard 25:11, 3. Vickie Hathaway 25:37. 10 & Under: 1. Megan Parrill 28:40, 2. Melissa Syth 36:22. 11-14: 1. Libby Williams 40:58. 20-29: 1. Maria Smith 26:36, 2. Julie Abner 27:40, 3. Lisa Johns 30:28. 30-39: 1. Holly Noack 23:16, 2. Peggy Wynne 27:21, 3. Terry Felicitas 28:29. 40-49: 1. Sue Goddard 25:11, 2. Vickie Hathaway 25:37, 3. Sandy Mize 27:50. 50-59: 1. Patricia Farley 30:56. 60-69: 1. Ruth Levitan 35:38.

Division Results - Men's 10K

Overall Winners: 1. Rick Bruess 31:19, 2. Steven Chavez 32:50, 3. Stephen Freitas 35:35. 11-14: 1. Scott Dreyer 43:42, 2. Cameron Fortner 58:31. 15-19: 1. Bob Ferring 36:58, 2. Chad Donahue 38:27, 3. Jeff Glass 44:49. 20-29: 1. John Pidoci 36:11, 2. David Larson 36:14, 3. Juan Ortega 36:25. 30-39: 1. Rick Bruess 31:19, 2. Steven Chavez 32:50, 3. Greg Novacek 37:01. 40-49: 1. Stephen Freitas 35:35, 2. Eugene Gordillo Jr. 37:21, 3. Bugh Husted 38:25. 50-59: 1. Rolf Nebelung 37:20, 2. Richard Deyoung 39:33, 3. Tom Crane 41:50. 60-69: 1. Lloyd Anderson 44:38, 2. Patrick Gray 52:15. 70-79: 1. Tony Marshall 1:00:25.

Division Results - Women's 10K

Overall Results: 1. Suzanne Margerum 39:08, 2. Charlene Bayles 40:38, 3. Laury Fisher 40:42. 20-29: 1. Kelly Harder 46:40, 2. Carrie Bradley 47:50, 3. Linda Iraola 50:24. 30-39: 1. Suzanne Margerum 39:08, 2. Carol Bruton 41:14, 3. Bonnie Bilch 42:24. 40-49: 1. Charlene Bayles 40:38, 2. Laury Fisher 40:42, 3. Elisa Kinder 43:22. 50-59: 1. Kim Wayne 1:00:58. 70-79: 1. Judy Golding 57:56.

RESULTS

Bakersfield Bud Light Triathlon

May 11, Bakersfield.

Division Results - Men

Professional: 1. Paul White 1:54:26, 2. Todd Jacobs 1:55:00, 3. Tony Richardson 1:55:01. **10-24:** 1. John Armour III 2:11:28, 2. John A. Barragan III 2:13:29, 3. Russell Clock 2:13:32. **25-29:** 1. Eddie Hurcho 2:05:08, 2. Todd Mills 2:06:04, 3. Bryan Hughes 2:06:22. **30-34:** 1. Larry Rhoads 1:59:28, 2. Don Weaver 2:00:04, 3. Mike Fillipow 2:06:45. **35-39:** 1. Alex Bellows 2:13:00, 2. Mike Moeller 2:15:18, 3. Mike Toland 2:16:48. **40-44:** 1. Duncan Thomas 2:07:07, 2. Ed Guess 2:10:26, 3. Dave Brady 2:17:49. **45-49:** 1. Walter Radloff 2:20:43, 2. Peter Schultz 2:21:09, 3. Carl Speigel 2:24:53. **50-54:** 1. Joseph Bird 2:25:31, 2. David Stuart 2:26:20, 3. Bill Page 2:30:23. **55-59:** 1. Jack Eberly 2:40:12, 2. Don Williams 2:47:08, 3. Sam Johnson 2:52:47. **60 & Over:** 1. Eric Lap-poehn 3:04:17, 2. Franz Weinschenk 3:12:02, 3. Ralph Black 3:13:35.

Division Results - Women

Professional: 1. Katie Webb 2:09:29, 2. Joan Alley-Smith 2:13:16, 3. Julieanne White 2:14:25. **10-24:** 1. Maria Hood 2:22:13, 2. Lanette Valpredo 2:27:37, 3. Anne Guist 2:28:20. **25-29:** 1. Laura Lowe 2:19:13, 2. Terry Martin 2:20:21, 3. Suzie Lister 2:32:21. **30-34:** 1. Cece Carter 2:30:46, 2. Paula Archer 2:42:14, 3. Cheri Vonn Swanson 2:49:00. **35-39:** 1. Marilyn Ganahl 2:26:22, 2. Jacqui Talley 2:45:50, 3. Kathy White 2:51:48. **40-44:** 1. Judi Thompson 2:28:58, 2. Jane Granskog 2:36:08, 3. Jeanne Gregory 2:40:32. **45-49:** 1. Susan Lucas 2:43:01, 2. Sharon Duncan 2:47:55, 3. Mardi Briggs 2:49:45. **50-54:** 1. Joan Jeter 2:33:57, 2. Becky Whitehead 3:06:52, 3. Elizabeth Saba 3:16:31.

Division Results - Relay Teams

Mixed: 1. Pony Express 2:04:48, 2. Action Sports 2:05:14, 3. Team Rage 2:16:38. **Women:** 1. Action Sports 2:14:18, 2. Boomers 2:18:09, 3. Tillet Services 2:21:12. **Men:** 1. T.A. Cyclery 1:52:22, 2. Team Curley 2:03:47, 3. Team Fun 2:11:13. **Masters:** 1. Team Kil 120+ 2:06:29, 2. Generation Gap 2:22:35, 3. Kern County Communications 2:34:32.

Bobcat Biathlon

May 12, Ft. Cronkhite.

Overall Results

1. Cesar Chavez (23) San Jose 1:10:03, 2. Carl Mackiewicz (30) San Francisco 1:11:32, 3. Brian Collins (23) San Jose 1:14:51, 4. Prett Mark (31) San Francisco 1:15:31, 5. Larry McDonnell (25) San Francisco 1:17:01, 6. Mojo Cosgrove (30) 1:18:59, 7. Marco Hellman (30) San Francisco 1:19:53, 8. Liz Spurr (27) San Francisco 1:20:12, 9. Henry Kosinski (23) San Francisco 1:21:35, 10. John Sturm (26) Daly City 1:22:00.

Nike Women's Race

May 12, Washington, DC. 8K.

World Cross Country champion Lynn Jennings added another credit to her running resume as she strode to a world record 25:02 in the Nike Women's Race 8K. This was Jennings second victory in this the third year of the race.

Although Jennings missed winning the Clair 25 for 25 \$25,000 bonus by only 2 seconds, she was pleased. "I'm very happy to have run as fast as I did. Who could be unhappy with a world record?" she told reporters after the race. "I had no idea that I was that close to 25 minutes until 20 or 30 yards from the finish. I looked up and saw the clock at 24:54 and thought, 'Oh my gosh!'" she added.

Second to Jennings who won \$5,000 for her effort was Kenyan Susan Sima, a late entry. Sima led for most of the race and



NANCY DITZ

Photo by Bill Fitz-Patrick

opened up a 7 second lead at one point over Jennings. Sima surged several times trying to leave Jennings behind. "I don't have a strong kick", she said. "I knew Jennings had a strong kick", she added. Jennings rode Sima's shoulder up until the last couple of hundred yards and then blasted off to victory beating her by 12 seconds. 1991 winner Judi St. Hilaire was third with the Netherlands Wilma Van Onna just 2 seconds behind her.

The race had 2,243 finishers making it one of the largest all-women's running event. The Nike Women's Race, a member of the ARRA Championship Circuit awarded \$25,000 in prize money for the top 20 placers.

Overall Results

1. Lynn Jennings (Newmarket, NH) \$5,000 25:02, 2. Susan Sima (Kenya) \$4,000 25:14, 3. Judi St. Hilaire (Fall River, MA) \$3,500 25:40, 4. Wilma Van Onna (Nether-

lands) \$2,500 25:42, 5. Anne Marie Letko (Glen Gardner, NJ) \$2,000 25:48, 6. Libbie Johnson (Fl. Collins, CO) \$1,500 25:53, 7. Trina Painter (Austin, TX) \$1,000 26:07, 8. Wanda Panfil (Poland) \$900 26:14, 9. Elaine Van Blunk (West Deptford, NJ) \$750 26:32, 10. Sandra Gilsky (Toronto, Ont.) \$700 26:41, 11. Nancy Ditz (Woodside) (1st Cal.) \$500 26:44.

Masters:

40-44: 1. Linda Mills (Salisbury, MD) 32:09, 2. Debby Sullivan (Norcross, GA) 32:43, 3. Nancy Smith (Hamdon, VA) 32:56. **45-49:** 1. Joan Colman 29:17, 2. Carol Lasseter (Alexandria, VA) 33:15, 3. Elaine Unterman (Gaithersburg, MD) 33:48. **50-54:** 1. Lisa Villadsen (Charlottesville, VA) 31:19, 2. Janice Stoodley (Arlington, VA) 32:45, 3. Ecris Williams (Reston, VA) 33:24. **55-59:** 1. Wen-Shi Yu (Kew Garden, NY) 33:57, 2. Joanne Mallet (Rockville, MD) 36:32, 3. Charlotte Edwards (McLean, VA) 36:44. **60-64:** 1. Margretta Lutz (Saxonburg, PA) 37:36, 2. Ruth Kazez (State College, PA) 39:13, 3. Doralie Segal (Arlington, VA) 40:22. **65-69:** 1. Mary Storey (Riverside) 39:46, 2. Vesta Downer (Falls Church, VA) 57:02, 3. Mary Boska (Alexandria, VA) 60:08. **70-79:** 1. Hedy Marque (Alexandria, VA) 38:59, 2. Louise Martin (Appomattox, VA) 48:55, 3. Louise Roache (Annapolis, MD) 63:03.

West Coast University 50-Mile District Championship

May 18, Mile Square Regional Park, Fountain Valley.

Overall Results

1. Lion Caldwell (40) Keams Canyon, AZ 6:09:14, 2. Dennis Huffman (42) Glendale 6:23:02, 3. Don McLean (46) Saugus 6:29:21, 4. Jim Pellon (40) Malibu 6:31:48, 5. Craig Johnson (28) Rendon Beach 6:33:02, 6. Jeff Kinzel (38) Corona 6:42:17, 7. Echo Edmonson (48) Los Angeles 6:55:50, 8. Rob McNair (36) Huntington Beach 6:56:20, 9. Robert Robak (38) Burbank 6:57:00, 10. Wayne Petersen (36) Las Vegas, NV 6:58:11.

11. Ray Piva (64) South San Francisco 6:58:29, 12. Gary Cohen (33) Sepulveda 7:07:02, 13. Baz Hawley (49) Mission Viejo 7:20:47, 14. Mike Monahan (45) Laguna Beach 7:27:26, 15. Kenneth Yoder (37) Long Beach 7:27:49, 16. James Furnish (48) Ridgecrest 7:28:50, 17. Philip Johnson (37) Lemon Grove 7:31:12, 18. Rodney Barnes (43) Torrance 7:37:38, 19. Egor Egan (33) Halifax, Canada 7:39:50, 20. Patrick Love (31) San Gabriel 7:44:42.

Armed Forces Day Runs

May 18, Torrance. 5K & 10K.

Division Results - Men's 5K

(No Times Available)

10 & Under: 1. Arthur Meltvedt, 2. Ian Gre-sik, 3. Jared Knowles. **11-12:** 1. David Mone, 2. Miguel Figueroa, 3. Joseph Hernandez. **13-**

15: 1. Bizhan Khaleeli, 2. Eric Tucker, 3. Thomas Coleman. **16-18:** 1. Godoy Albert, 2. Chad Anderson, 3. Timothy Adochi. **19-24:** 1. Jose Villanueva, 2. Ron Combs, 3. Armando Sanchez. **25-29:** 1. Carlos Ward, 2. Aaron Pierson, 3. Fernando Vasquez. **30-34:** 1. Gary Bicking, 2. Bob Wilder, 3. Greg Tardagula. **35-39:** 1. Chris Melvin, 2. SSG Roger Sanchez, 3. Kim Hipsher. **40-44:** 1. Tom Williams, 2. Jesus Figueroa, 3. Armando Hernandez. **45-49:** 1. Don McCarthy, Charles Morton, Ben Jackson. **50-54:** 1. Sonny Monioz, 2. Donald Culton, 3. Mike Ishikawa. **55-59:** 1. John Harper, 2. Frank Clanton, 3. David Thomas. **60-64:** 1. Jerry Withers, 2. Milo Sather, 3. Luis Cordova. **65-69:** 1. Avery Bryant, 2. Bill Fitzgerald, 3. Jack Green. **70 & Over:** 1. Sam Simon, 2. Berry Callahan.

Division Results - Women's 5K

10 & Under: 1. Megan McGowan, 2. Claire Dewan, 3. Jessica Berles. **11-12:** 1. Christa Mathis, 2. Jennifer Gage, 3. Emily Adachi. **13-15:** 1. Leanna Wallace, 2. Jana Sandberg, 3. Elizabeth Linds. **16-18:** 1. Sara Hawthorne, 2. Beth Wait, 3. Katie Eninger. **19-24:** 1. Laurie Chapman, 2. Marisa Gardella, 3. Becky Rogoff. **25-29:** 1. Laura Guzman, 2. Beth Wait, 3. Marie Deary. **30-34:** 1. Leslie Lehman, 2. Frances Johnson, 3. Kathy Dobra. **35-39:** 1. Teresa Ramos, 2. Sheri Bullock, 3. Linda Curtis. **40-44:** 1. Sue Reinhardt, 2. Karen Blagmon, 3. Terry Koch. **45-49:** 1. Luca Jones, 2. Joyce Ashimine, 3. Carol Elsassner. **50-54:** 1. Elaine Murphy, 2. Nancy Green, 3. Anita Jager. **55-59:** 1. Ginnie Mains, 2. Anna Gherardi, 3. Birthe Christiansen. **60-64:** 1. Miyoko O'Hara, 2. Kazuyo Callahan, 3. Ariene Simon. **65-69:** 1. Lisa Narvaez, 2. Julia Thoreson, 3. Charlotte Price. **70 & Over:** 1. Lucille Adney, 2. Vera Zimmerbald.

Division Results - Men's 10K

10 & Under: 1. Jonathan Schneiderman, 2. Billy Ruggiero, 3. Rocky Hollis. **13-15:** 1. Diaz Luvantino, 2. Phan Nguyen, 3. John Usui. **16-18:** 1. James Buckley, 2. Jeff Larson, 3. David Quadhamer. **19-24:** 1. Daniel Dozal, 2. German Rodriguez, 3. Kenneth Tracy. **25-29:** 1. Arturo Rodallegas, 2. Hector Arroyo, 3. Gabriel Flores. **30-34:** 1. Alfredo Rosas, 2. Jeremy Stratton, 3. Javier Lara. **35-39:** 1. Eddie Mova, 2. Dennis Hall, 3. Mark Gross. **40-44:** 1. Ruben Daya, 2. Frankie Dowey, 3. John Doherty. **45-49:** 1. Jesse Rascom, 2. Dan Ashimine, 3. Simon Rubin. **50-54:** 1. Arnold Way, 2. Jerry Lloyd, 3. Tom Johnson. **55-59:** 1. John Rudberg, 2. Rene Diaz, 3. LeRoy Kim. **60-64:** 1. Pat Devine, 2. Albert Nobuto, 3. R.C. Goode. **65-69:** 1. Larry Banuelos, 2. Harold Franzuck, 3. Myer Miller. **70 & Over:** 1. Jack Schmidt, 2. Charles Elliott.

Division Results - Women's 10K

10 & Under: 1. Jenny Nagle. **11-12:** 1. Desir-ee Hollis. **13-15:** 1. Maria Otten. **16-18:** 1. Danza McPike, 2. Nicole Kelly, 3. Lisa Newman. **25-29:** 1. Monica Fedora-Roeske, 2. Karen Lee Ives, 3. Patricia Farlan. **30-34:** 1. Kathy Yamazaki, 2. Julie Traqder, 3. Margherita Kalman. **35-39:** 1. Teresa Hom, 2. Sandra Whitehead, 3. Lisa Zepeda. **40-44:**

RESULTS

1. Loraine Westhafer, 2. Charlotte Robinette, 3. Patti Wells. 45-49: 1. Wendy Watson, 2. Aileen Beair, 3. Lori Sellans. 50-54: 1. Wanda Whitmore, 2. Elizabeth Rather, 3. Dolores Kosmas. 55-59: 1. Sue Hughey, 2. Siv Ljungwe, 3. Maridn Robinson. 60-64: 1. Beverly Smith, 2. Jean Windishar. 70 & Over: 1. Sarah London.

La Purisima Mission Fiesta

May 18, Lompoc. 5K & 10K.

Overall Results - 10K

1. Chris Allen (31) LVDC 34:13, 2. Paul Lee (39) LVDC 35:19, 3. Sean McCormick (27) SLDC 35:48, 4. Brad Palmer (34) Santa Barbara 36:57, 5. Gary Young (41) Lompoc 37:15, 6. Rowland Lewin (34) LVDC 37:27, 7. Debra Sharp (39) Port Huene 37:45, 8. Mike Uema (48) LVDC 37:59, 9. Ed Grand (28) LVDC 38:02, 10. Gene Sharp (39) Port Huene 38:31.

Overall Results - 5K

1. Paul Lee (30) LVDC 16:06, 2. Matt Holloway (22) Lompoc 16:11, 3. Roland Lewin (34) LVDC 17:46, 4. Steve Bushey (40) LSAA 18:24, 5. Ron Misner (33) SBAA 18:31, 6. Alan Arata (29) Lockheed 18:42, 7. Shelly Calvert (22) Cal Poly 18:56, 8. Bill Graham (50) LVDC 19:00, 9. David Aguirre (37) Lompoc 19:03, 10. Kim Arata (31) Lockheed 19:52.

Overall Results - Walkers

1. Doug Blackmer (47) Lockheed 36:34, 2. Suzie Johnson (36) Lompoc 38:12, 3. Sonia Culmer (50) Lompoc 38:13, 4. Henry Colmer (52) Lompoc 38:40, 5. Lynda Hookland (30) Lockheed 41:03.

Run for the Family

May 18, Tustin Market Place. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Tom Coffey 19:17, 2. Stephen Moore 20:04, 3. Cory Pickett 20:33, 13-15: 1. Corbin Thomas 19:24, 2. Neal Parsons 18:22, 3. Jason Hehn 18:27, 16-18: 1. Eddie Salinas 15:32, 2. Octavio Camacho 16:29, 3. Mike Bradford 17:20, 19-24: 1. Merrill 15:41, 2. Larry Will 16:10, 3. Alfonso Medina 16:38, 25-29: 1. Tony Williams 15:24, 2. Martin Callahan 15:48, 3. Jesse Metoyer 16:42, 30-34: 1. Chris Jaggers 15:58, 2. Joe Gilboy 16:21, 3. Jon Cook 16:53, 35-39: 1. John Limone 17:54, 2. Keith Reynolds 19:00, 3. Greg Falk 20:34, 40-44: 1. Bill Summer 16:13, 2. Steve Kellmyer 17:33, 3. Carey Walters 17:50, 45-49: 1. Rod Mullineaux 19:07, 2. Joe Yanez 20:02, 3. Gerald Smith 20:12, 50-54: 1. David Rusher 19:06, 2. Tom Dilday 19:43, 3. Al Scook 20:35, 55-59: 1. Juvenal Herrera N.T., 2. John Gilfoil N.T., 3. Jim Wood N.T. 60 & Over: 1. Frank Husak N.T.

Division Results - Women's 5K

12 & Under: 1. Nicole Raysinski 26:25, 2. Nancy Zovman 28:41, 3. Mark Aguirre 28:58, 13-15: 1. Tiana Fenske 20:46, 2. Brooke Warner 21:07, 3. Allison Reagle 21:23, 16-18: 1. Amy Wiczczek 23:51, 2. Melissa Misch 27:16, 3. Kelly Knott 42:29.

19-24: 1. Andrea Talbott 19:36, 2. Sabrina Jensen 19:42, 3. Denise Wong 23:10, 25-29: 1. Elizabeth Inglesse 21:58, 2. Lisa Barreth 22:30, 3. Anne Simpson 23:04, 30-34: 1. Sharon Zimmer 18:12, 2. Lori Hoskins 19:36, 3. Bobbi Tomkins 19:58, 35-39: 1. Barbara Moses 23:16, 2. Beverly Quinn 24:53, 3. Susan Hanks 24:59, 40-44: 1. Juanita Cortina 25:47, 2. Carmen Rivera 27:34, 3. Becky Williamson 28:45, 45-49: 1. Jane Meloy 26:05, 2. Catharine Misch 26:33, 3. Gerry Allred 30:24, 50-54: 1. Sandy Friend 26:19, 2. Anita Lopez 29:45, 3. Dorothy Strand 30:14, 55-59: 1. Helen Holt N.T.

Division Results - Men's 10K

12 & Under: 1. Cole Gatchell 1:06:05, 16-18: 1. Bret Ohrada 43:46, 2. Kevin Smith 51:43, 16-18: 1. Jim Haske 45:00, 19-24: 1. James Hardin 40:06, 2. Todd Mooney 40:10, 3. Raymond Crutchley 44:32, 25-29: 1. Alex Miroshchich 34:20, 2. Joseph Abrams 38:23, 3. David Todd 38:27, 30-34: 1. Rich Modellin 33:39, 2. Steven Tarango 37:40, 3. Fidel Diaz 38:07, 35-39: 1. Ralph Blakeney 41:03, 2. Rodney Wong 42:47, 3. Lenny Wolner 42:57, 44-49: 1. Don Howard 38:58, 2. Lindsey Ewell 41:14, 3. Michael Marcus 41:35, 45-49: 1. Wayne Mitchell 36:46, 2. Richard Lewis 38:31, 3. William Sokol 42:21, 50-54: 1. Ray Hughes 40:30, 2. Ralph Smith 42:07, 3. Jorge Gutierrez 47:35, 55-59: 1. Findy Beall 44:00, 2. Paul MacAllister 47:02, 3. John Strand 48:41, 60 & Over: 1. Al Escogosa 47:36, 2. B. Bruce 47:37, 3. Bill Holt 50:05.

Division Results - Women's 10K

12 & Under: 1. Arielle Strauss 52:39, 2. Anemarie Mogan 1:21:04, 16-18: 1. Cindy Dahlin 52:38, 2. Dominique Dalton 54:36, 19-24: 1. Sophie LeGuillette 52:04, 2. Tristen Eygers 52:24, 3. Cilene Scott 52:36, 25-29: 1. Dawn Howe 42:54, 2. Anette Ekelivs 44:41, 3. Jacqueline O'Brien 45:41, 30-34: 1. Karen McQuillin 38:44, 2. Janet Gaut 51:19, 3. Joanne Kendra 51:21, 35-39: 1. Charmella Secrest 42:01, 2. Cathy D'Angelo 57:54, 40-44: 1. Linda Meier 47:53, 2. Rondi Thornton 54:39, 3. Linda Goff 56:18, 45-49: 1. Joan Loeb 25:57, 2. Tamara Boswell 53:59, 3. Teri Leggers 55:22, 50-54: 1. Dennise Mock 51:21, 2. Carol Kirkbride 57:51.

Run for the Hungry

May 18, Buena Vista Park, Burbank. 5K.

Division Results - Men

Overall Winners: 1. Alfredo Vallejo 14:10, 2. Amit Nieman 14:38, 3. Danny Reed 14:40, 9 & Under: 1. Juvenal Luna 22:27, 2. Walter Rodriguez 27:36, 3. Matt Schweitzer 30:10, 10-12: 1. Richard Resendiz 21:03, 2. Michael McIntyre 22:56, 3. Roman Browne 22:59, 13-15: 1. James Wins 17:52, 2. Peter Kyriacou 17:57, 3. Tony Gonzalez 18:13, 16-18: 1. Angel Casillas 16:48, 2. Eric Seoane 16:56, 3. Terence Flynn 17:25, 19-24: 1. Roberto Rodriguez 15:02, 2. Armando Crespo 15:29, 3. Toshio Takata 16:55, 25-29: 1. Alfredo Vallejo 14:10, 2. Danny Reed 14:40, 3. Richard Shelley 14:40, 30-34: 1. Amit Nieman

14:38, 2. A. Ortiz 15:51, 3. Joel Sanchez 15:51, 35-39: 1. Roger Linfield 16:52, 2. Stephen Korte 17:00, 3. Rupert Ayton 17:31, 40-44: 1. Ian Cousins 15:26, 2. Ron Gee 15:56, 3. Garman Alonso 16:34, 45-49: 1. Fred Reeves 15:58, 2. Juan Cabeza 17:01, 3. Bob Olson 18:41, 50-54: 1. Bill Little 19:27, 2. David Lavezzi 22:39, 3. Charles Cusumano 24:39, 55-59: 1. Peter Faust 18:30, 2. William O'Donnell 19:53, 3. George Gonzalez 20:00, 60-64: 1. Reza Moradi 24:11, 2. Earl Mussett 25:55, 3. Roger Browne 28:18, 65-69: 1. John Thompson 24:23, 2. Jack Mehlman 25:51, 3. Chris Garcia 26:38, 70 & Over: 1. Phil Jones 22:35, 2. Fraser MacMinn 28:36, 3. Ed Fong 28:58.

Division Results - Women

Overall Winners: 1. Sylvia Mosqueda 16:04, 2. Torie Pleasant 17:24, 3. Margaret Scuto 18:08, 9 & Under: 1. Kristen Gentiluoci 30:28, 2. Tina Reithmiller 46:04, 3. Christina Alvarado 49:13, 10-12: 1. Karen Wakden 24:45, 2. Michelle Cartier 25:00, 3. Shannon Solorzano 25:39, 13-15: 1. Melissa Hackett 26:57, 2. Sarah Goodlaw 30:38, 3. Francesca Pleth 33:13, 16-18: 1. Bridget Solorzano 27:18, 2. Tina Lease 31:23, 3. Robin Slanzak 34:10, 19-24: 1. Torie Pleasant 17:24, 2. Margaret Scuto 18:08, 3. Karrie King 19:16, 25-29: 1. Sylvia Mosqueda 16:04, 2. Jennie Stachura 20:01, 3. Jeaney Dupras 20:02, 30-34: 1. Kathy Johnson 20:29, 2. Linda Iacobi 20:50, 3. Kathy Freimanis 21:12, 35-39: 1. Christine Dunn 21:26, 2. Marsha Nardo 22:00, 3. Wendy Nuding 22:20, 40-44: 1. Lori Coker 18:55, 2. Jane Lauscher 19:52, 3. Marquita Zevin 21:04, 45-49: 1. Molly Thayer 19:57, 2. Fran Smith 25:18, 3. Sharon Inman 25:54, 50-54: 1. Gina Faust 19:49, 2. Cecily Parke 21:18, 3. Joan Maxwell 22:55, 55-59: 1. Irene Oberz 21:43, 2. Joan Fogelman 24:06, 3. Carol Ferris 45:06, 60-64: 1. Betty Crosby 28:19, 2. Pilar Zamora 42:09, 3. Toshiko Takizawa 43:01, 65-69: 1. Helen Dick 23:08, 2. Marylou Jones 29:49, 3. Kay Curl 38:34, 70 & Over: 1. Angie Caruso 48:36.

Santa Teresa Trail Run

May 18, San Jose. 12K & 5K.

Overall Results - Short Course (5K)

1. Eric Patterson (27) Stockton 19:33, 2. Dave Drew (28) San Jose 19:44, 3. Fred Egley (28) San Jose 20:43, 4. Greg Burke (44) San Jose 21:16, 5. Nick Butterfield (34) Campbell 21:34, 6. Joe Brazil (36) Santa Cruz 22:19, 7. Rico Jose (19) San Jose 22:26, 8. Dan Maggard (24) San Jose 22:33, 9. Betty Gongora (24) San Jose 23:53, 10. Lee Pitts (48) Santa Clara 25:03.

Overall Results - Long Course (12K)

1. Louis Ortiz (22) San Jose 48:21, 2. Cowpathwaite (32) Morgan Hill 53:44, 3. Jeff Ylander (28) San Jose 54:33, 4. Neil Gebium (40) Cupertino 54:49, 5. Bob Lily (43) Boulder Creek, CA 55:05, 6. Ken Cicinelli (25) San Jose 55:19, 7. Joe Cote (47) New York, NY 55:27, 8. Nikos Mouritos (33) San Jose 57:19, 9. Dale Hatakeyama

(34) San Jose 57:58, 10. John Formale (33) Campbell 58:17.

Walk for the Health of It

May 18, Lodi. 5K.

Division Results - Men

19 & Under: 1. Steve Valenzuela 37:11, 2. Tim Avellar 37:11, 3. Jesus Valenzuela 38:02, 30-39: 1. Gerry Sarisky 38:57, 2. David Vera 39:14, 3. Robert Moore 44:00, 40-49: 1. Randy Aveilar 30:14, 2. Andy Gooden 31:42, 3. Bill Bowers 32:12, 50-59: 1. Ron Williams 35:08, 2. Harlan Watts 37:51, 3. Ralph Selman 42:48, 60-69: 1. Harold Kindert 38:18, 2. Ed Cattusseo 39:29, 3. Charles Barnes 40:18, 70 & Over: 1. Mas Tanaka 25:40, 2. Pat Given 46:42, 3. Maurice Berg 47:05.

Division Results - Women

19 & Under: 1. No Name Available 37:39, 2. Erin Gooden 38:01, 3. Steffani Gooden 38:03, 20-29: 1. Kristi Adoff 38:09, 2. Michelle Wallace 39:32, 3. Tina Schoedman 41:23, 30-39: 1. Lori Adair 35:12, 2. Ursula Roesch 38:55, 3. Robin Sarisky 39:10, 40-49: 1. Victoria Hernandez 33:40, 2. Polly Johnston 38:18, 3. Cheryl Diederich 39:13, 50-59: 1. Marvis Kundert 38:31, 2. Marcela Verseput 40:57, 3. Gayle Watts 41:46, 60-69: 1. Angie Given 38:31, 2. Terry Tisen 41:38, 3. Elma Heinrich 42:36, 70 & Over: 1. Elva Eastwood 43:03, 2. Audrey Lear 43:14, 3. Marie Hein 49:31.

Icebreaker Triathlon

May 18, Geyserville. 1/2 Mil. Swim, 3.1 Mil. Run, 14 Mil. Bike.

Division Results - Men

Overall Winners: 1. Mark James 1:06:59, 2. Robert Kidwell 1:08:47, 3. Jon Moens 1:09:02, 19 & Under: 1. Gabe Ortiz 1:12:20, 2. Danny Burval 1:19:26, 3. Seth Davis 1:19:27, 20-24: 1. Mark James 1:06:59, 2. Robert Kidwell 1:08:47, 3. Derick Scovel 1:09:24, 25-29: 1. Jon Moens 1:09:02, 2. Pierre Deyo 1:09:10, 3. David Kelly 1:09:17, 30-34: 1. Ian Ross 1:11:19, 2. John Aver 1:11:41, 3. Joe Marzocco 1:13:55, 35-39: 1. Patrick Bitter 1:12:47, 2. Richard Schram 1:13:08, 3. John Oakley 1:16:02, 40-44: 1. Paul Wilson 1:11:03, 2. Rob Walters 1:11:30, 3. Rick Niles 1:14:02, 45-49: 1. Jim Orear 1:17:48, 2. John Demers 1:18:28, 3. Steve Cederborg 1:25:11, 50 & Over: 1. Alan Schmeiser 1:16:53, 2. Bill Page 1:19:18, 3. William Marshall 1:20:46.

Division Results - Women

Overall Winners: 1. Jacqueline Komrij 1:13:53, 2. Leslie Chequer 1:14:07, 3. Hilary Bartels 1:14:20, 19 & Under: 1. Jacinda Mawson 1:29:31, 2. Lisa Cross 1:43:33, 3. Tess Gonzalez 1:58:58, 20-24: 1. Christine O'Hanlon 1:19:26, 2. Ann Scott 1:29:30, 3. Cassandra Van Horn 1:31:14, 25-29: 1. Jacqueline Komrij 1:13:53, 2. Leslie Chequer 1:14:07, 3. Jackie Biddle 1:24:53, 30-34: 1. Hilary Bartels 1:14:20, 2. Carol Bligter 1:22:08, 3. Patricia Balding 1:23:14, 35-39: 1. Lisa Yonaka 1:21:02, 2. Lou Bosch-Wilson 1:28:38, 3. Joann Seaver 1:29:41, 40-44: 1. Sue Perry 1:44:26, 2. Ruth Seeger

RESULTS

1:53:23, 3. Deborah Dembo 2:05:51. 45 & Over: 1. Carole Mawson 1:36:49, 2. Judith Gottlieb 1:38:28, 3. Sallie Olsen 1:39:27.

Revco-Cleveland Marathon

May 19, Cleveland, Ohio.

Runners from the Soviet Union continued their dominance of the marathon race at the Revco-Cleveland Marathon & 10K, as Alevina Naumova, 30, ran to a new course record of 2:35:33. The old record of 2:35:55 had been set by Irina Bogacheva of the Soviet Union in 1989. The overall winner of the 26.1-mile marathon was Paul Kipkoech, 28, of Kenya.

In the 10K portion of the 14th annual dual-race event, 28-year-old Keith Brantley of Gainesville, FL, pulled away from a lead group of 10 runners after the midpoint in the 6.2-mile race to win in a time of 28:32. New Zealand's Anne Audain continued her mastery of the Revco women's 10K competition, running to a record 7th victory in a time of 32:56.

Overall Results - Marathon

1. Dan Streble (27) Pasadena 2:40:32, 2. Ray Hannaberry (46) S. Halifax, Can. 2:50:45, 3. Rob Streets (38) El Segundo 2:53:28, 4. Glenn Shenker (32) Diamond Bar 2:54:15, 5. Glenn Yonemitsu (27) London, ON-Canada 3:08:09, 6. Edward Creighton (33) Alameda 3:10:40, 7. Bob O'Connor (99) San Jose 3:43:30, 8. Wayne Ronhaar (37) San Francisco 3:57:05, 9. Craig Moore (50) L.A. 4:34:30, 10. Stephen Nutik (52) Palo Alto 4:37:12, 11. Ted Carlton (51) Huntington Beach 4:58:18.

California Division Finishers - Women's 10K
20-24: 211. Lanee Bertke (Sherman Oaks) 1:15:12, 35-39: 309. Cindy Ruffer (Palos Verdes) 1:16:52, 45-49: 41. Joycie Yee (Palya Del Rey) 59:28.

California Division Finishers - Men's 10K
25-29: 682. Tom Anderson (Sherman Oaks) 1:15:04, 30-34: 544. Tim Joynson (San Ramon) 50:13, 35-39: 1. David Berger (Los Angeles) 44:22, 783. Jim Muttigan (Chatsworth) 56:38, 60-64: 1. Marshall Haraden (Solana Beach) 40:34, 4. Marvin Warren (Anaheim) 44:00.

Legg Lake Runs Evening Run

May 23, So. El Monte, 5K.

Overall Results

1. James Moore (20) 16:42, 2. Cosme Araujo 18:40, 3. Michael Moser (39) 18:40.

Legg Lake Purple Tree Run

May 25, So. El Monte, 5K.

Overall Results

1. Taylor Alston (30) 18:03, 2. Jorge Amara (30) 18:11, 3. Bruce Horiguchi (43) 18:14.

Legg Lake Memorial Weekend Run

May 26, So. El Monte, 5K.

Overall Results

1. Booker Washington (53) 20:26, 2. Ru-

ben Esqueda (60) 21:14, 3. Walter Gerlach (29) 23:29.

Memorial Run

May 27, So. El Monte, 5K.

Overall Results

1. James Moore (20) 16:50, 2. Miguel Rodriguez 17:48, 3. Israel Ramirez 18:20.

Evening Run

May 30, So. El Monte, 5K.

Overall Results

1. James Moore (20) 16:37, 2. Bruce Odou (63) 22:10, 3. Jim Scarborough (57) 22:14.

San Gabriel River

Brendal Pup Run

June 2, So. El Monte, 5K.

Overall Results

1. Luis Castro (23) 16:47, 2. Don Peterson 18:55, 3. Stan Rosenfield (43) 19:12.

Cottontail Evening Run

June 2, So. El Monte, 5K.

Overall Results

1. James Moore (20) 16:51, 2. Aurelio Honorato (29) 18:47, 3. David Burciaga (44) 20:15.

Humpday Run & Rollerblade Run

May 22, Davis, 5K & 10K.

Overall Results - 5K Run

1. Andy Ferguson (31) 15:12, 2. Mike Dudley (21) 15:31, 3. Tom Cushman (37) 15:44, 4. Michael Collins (25) 15:49, 5. Toni Ruggie (36) 16:02, 6. Steve Atkins (27) 16:06, 7. Scott Schneider (23) 16:10, 8. Edward Sweeledge (37) 16:29, 9. Arne Hanson (23) 16:36, 10. Don Hicks 16:57.
11. Ty Nickel (21) 16:59, 12. Nick Kurth (29) 17:03, 13. Chano Salas (21) 17:42, 14. Art Schoenstadt (21) 17:48, 15. Tom Peet (31) 17:49, 16. Steven Shapiro (27) 17:50, 17. Raul Piedrahita (37) 17:51, 18. Richard Sonne (41) 18:06, 19. James Chamness (37) 18:12, 20. Tina Petershagen (24) 18:14.

Overall Results - 5K Rollerblade

1. Buzz Truitt (24) 10:56, 2. A Zenger (22) 12:23, 3. Matt Guelfroy (18) 12:26, 4. Kurt Muettleries (26) 13:12, 5. John Cook (26) 13:49, 6. Bill Gregg (35) 13:56, 7. Teri Dillon (24) 14:22, 8. Derald Grice (30) 14:34, 9. Shannon Bleasdel (24) 14:46, 10. Jackie Walker (43) 15:19.

Overall Results - 10K Rollerblade

1. Jon McNeill (19) 22:03, 2. Alex Margolia (27) 22:05, 3. David Lloyd (18) 22:18, 4. Bradford Luten (20) 22:19, 5. Hugh Patterson (48) 25:49, 6. Michael Graham (20) 26:42, 7. Beckie Starsky (27) 27:21, 8. Jeff Starsky (29) 27:40, 9. Chano Salas (21) 27:54, 10. Mel Ryan-Roberts (50) 28:46.

Bonita Road Runners Races

May 25, Bonita, 5K & 10K.

Division Results - Men's 10K

12 & Under: 1. Colin Donnelly 41:12, 13-17: 1. Ronnie Peel 35:25, 2. Julio Juarez 35:53, 3. Roberto Leal 37:13, 18-24: 1. Pablo Pena

35:34, 2. Scott Weiler 39:65, 3. Julio Gallardo 40:01, 25-29: 1. Sergio Correa 34:37, 2. Luis Valdes 35:01, 3. Johnny Pina 35:30, 30-34: 1. Steve McCormack 30:17, 2. Eddie Goldberg 32:34, 3. Ralph Havens 32:50, 35-39: 1. Rich Valdez 34:47, 2. Joseph Kinder 35:58, 3. Richard Saltzman 37:05, 40-44: 1. Jan Kafka 35:42, 2. Jim Pose 36:01, 3. David Parker 36:25, 45-49: 1. Loren McKnight 36:28, 2. Richard Green 36:59, 3. Les Hite 40:46, 50-54: 1. Pete Savitz 41:12, 2. Chuck Brady 41:15, 3. Jerry Albert 41:59, 55-59: 1. Bud Davis 41:06, 2. Raymond Parra 42:08, 3. Frank Ferrone 43:07, 60-69: 1. Dick Robinson 41:38, 2. James Crush 43:53, 3. Richard Marrs 44:47, 70 & Over: 1. Bob Hutchins N.T.

Division Results - Women's 10K

13-17: 1. Cheryl Harris N.T. 18-24: 1. Merry Webb 42:20, 2. Erin Havey 45:17, 3. Mary Schreder 47:30, 25-29: 1. Ruth Marie Lombaox 47:23, 2. Marcella Ruch 51:20, 3. Laura Bozek 52:21, 30-34: 1. Leanne Johnson 35:26, 2. Donna Okino 37:19, 3. Betsy Shilito 39:36, 35-39: 1. Wendy Van Vechten 41:00, 2. Gabriele Ulrich 43:12, 3. Linda Sue Hyder 48:43, 40-44: 1. Judy Steinback 47:25, 2. Patsy Ambrosia 48:40, 3. Marguerite Fell 52:02, 45-49: 1. Judy Bruce 49:19, 2. Sharon Chilton 53:49, 50-54: 1. Anne Havey 57:12, 2. Maria Davis 59:54, 3. Joanie Lester 60:01, 55-59: 1. Chris Cromer 51:02, 70 & Over: 1. Jean McClean 61:15.

Division Results - Men's 5K

12 & Under: 1. Khoury Elias 22:02, 2. Andy Hughes 23:04, 3. Paul Anderberg 27:00, 13-17: 1. Julio Bobrowski 16:40, 2. Pedro Romero 17:44, 3. Jason Diaz 17:45, 18-24: 1. Ellis Del Sol 15:46, 2. Carlos Arevalo 16:45, 3. Sergio Magana 16:49, 25-29: 1. Kenneth Jansson 15:12, 2. Michael Coe 16:31, 3. Andrew Fowlkes 16:43, 30-34: 1. Eoin Fahy 15:10, 2. Bernabe DeLeon, Jr. 17:58, 3. Tommy Pitcher 18:16, 35-39: 1. Kevin McCarey 15:33, 2. David Hunter 16:55, 3. Bill Johnson 17:16, 40-44: 1. Berek Fiszlewicz 17:53, 2. Steve Leyon 18:53, 3. Francis Delaney 19:31, 45-49: 1. Edward Garrity 18:01, 2. Russ Webster 18:22, 3. Gerald Smith 19:16, 50-54: 1. Ed Donoghue 17:19, 2. Terry Jones 18:56, 3. Jerry Albert 18:59, 55-59: 1. Ron Morgan 18:59, 2. John Terrell 20:11, 3. Dan Dalton 20:23, 60-69: 1. John Holladay 22:08, 2. Bill McAuliffe 22:24, 3. Ted Horner 23:26, 70 & Over: 1. Lowell Tozer 24:55, 2. Harlin Kermicle 28:12, 3. Eddie Simon 30:10.

Division Results - Women's 5K

12 & Under: 1. Salina Diaz 22:06, 2. Susan Bobrowski 27:45, 3. Laura Higginbotham 28:22, 13-17: 1. Brenda Kindie 20:48, 2. Mira Horbacher 21:06, 3. Alberto Cerda 23:32, 18-24: 1. Anita Brereton 18:57, 2. Renee Bergeron 21:17, 3. Michele McCain 21:55, 25-29: 1. Alma Macy 17:40, 2. Stacy Kneasmaw-Rucker 18:25, 3. Susie Geofron 21:04, 30-34: 1. Leanne Johnson 16:25, 2. Deanna Callow 20:44, 3. Laura Ojeda 22:48, 35-39: 1. Kim Horbacher 22:51, 2. August Anderson 22:52, 3. Lee Austin 26:26, 40-44: 1. Kerry Tabler 20:05, 2. Willie Tennant 20:13, 3. Linda Savitz 21:59, 45-49: 1. Kathy Loper 19:08, 2. Genie Ostle

22:46, 3. Judy Bruce 23:53, 50-54: 1. Tami Graf 21:42, 55-59: 1. Dorothy Stock 22:23, 2. Helen Holt 28:19, 3. Lupe Alvarado 28:32, 70 & Over: 1. Judy Simon 29:50.

Topanga 10K

May 25, Topanga Canyon.

Overall Results

1. Yehuda Packer (31) 37:16, 2. Jusse Hamalainen (45) 38:39, 3. Jeff Press (35) 38:43, 4. Jeffrey Vannini (32) 39:04, 5. Steven Durand (34) 39:23, 6. Mike Bartlett (39) 39:40, 7. Don McCarthy (47) 40:25, 8. Bruce Yoshiwara (37) 40:49, 9. Tom Duket (48) 41:23, 10. Steven Whitmore (35) 41:34.
11. Charles McClung (50) 42:10, 12. Richard Cooper (47) 42:24, 13. Craig Johnson (28) 42:26, 14. Herb Tanzer (39) 42:30, 15. Kevin Lee (27) 42:39, 16. Andre Tocco (56) 42:41, 17. Bill Enoch (34) 42:54, 18. Mike Van Guider (41) 43:02, 19. Kirk Boylston (33) 43:02, 20. Richard Kaufman (42) 43:08.

Memorial Run

May 27, Grass Valley, 3K & 8K.

Division Results - Men's 8K

Overall Winners: 1. Bob Spalliere 28:09, 2. Aaron Bell 28:39, 3. Leonard Veare 29:00, 13 & Under: 1. (tie) Ben Hansen 47:50, and Jim Moore 47:50, 3. Paul Litchfield 49:30, 14-18: 1. Aaron Bell 28:39, 2. Ryan Pinar 35:10, 19-29: 1. Leonard Veare 29:00, 2. Richard Johnson 29:29, 3. Michael Taylor 31:16, 30-39: 1. Michael Buzbee 30:07, 2. Ken Takao 30:58, 3. Brian Hodge 31:42, 40-49: 1. Terry Tubb 30:18, 2. Chris Dambacher 33:20, 3. Rod Gillespie 33:55, 50-59: 1. Everett Riggie 32:26, 2. Fernando Leon 33:33, 3. Bruce Pinar 34:18, 60-69: 1. Mort Ward 35:14, 2. Don Bradford 37:14, 3. Marvin Johnson 38:11, 70 & Over: 1. Hugh Mills 52:27.

Division Results - Women's 8K

Overall Winners: 1. Tina Petershagen 31:03, 2. Allison Nissen 36:22, 3. Laraine Agren 38:37, 14-18: 1. Allison Nissen 36:22, 2. Patricia Hall 45:13, 3. Katrina Hall 49:14, 19-29: 1. Jennifer Kendrick 46:41, 2. Wahida Keval 48:48, 30-39: 1. Diane Galvin 39:17, 2. Susan Horne 41:53, 3. Laura Poukish 43:40, 40-49: 1. Laraine Agren 38:37, 2. Rosalind Pierce 39:46, 3. Wendy Gregg 47:52, 50-59: 1. Lynne Hurrell 43:35, 2. Carolyn Ward 44:38, 3. Jackie Kelley 59:38, 60-69: 1. Geri Sullivan 57:29.

Overall Results - 3K Walk

1. Jacob Kopp 22:51, 2. Sarah Kopp 24:18, 3. Elaine Kopp 24:30, 4. Kristen Ennis 24:50, 5. Megan Hodge 24:51.

Festival De Primavera Runs

June 1, Rosarito Beach, Baja, Calif., Mexico, 5K, 10K, 10 MI.

Division Results - Men's 10K

14-17: 1. Travis Hansen 40:53, 2. Daniel Hansen 40:53, 3. Francisco Javier 42:18.

RESULTS

18-23: 1. Kenneth Tracy 35:08, 2. Arturo Salas 37:56, 3. Eduardo Mendiola 51:13, 24-29: 1. Manuel Balenzuela 34:09, 2. Sean Tavligian 37:08, 3. Gustavo Villaseñor 37:43, 30-34: 1. Thomas Mountain 34:45, 2. Jorge Amaral 37:17, 3. Juleen Banos 37:26, 35-39: 1. David Edgar N.T., 2. Ruben Garcia N.T., 3. Francisco Salcedo 44:09, 40-44: 1. Adrian McKenzie N.T., 2. Antonio Morales 42:40, 3. Hector Salcedo 43:29, 45-49: 1. Ruben Sandoval 35:57, 2. Juan Sanchez 41:22, 3. Enrique Murillo 45:50, 50-54: 1. Anactacio Lopez 42:45, 2. Adrian Whiddon 49:17, 3. Henry Barnes 49:53, 55-59: 1. Antonio Verdin 40:45, 2. Gustavo Rodriguez 40:58, 3. Carlos Vega 43:04, 60 & Over: 1. Roger Martin 47:19, 2. Stan Perrine 47:22, 3. Sam Stevens 60:16.

Division Results - Women's 10K
13 & Under: 1. Michelle Gonzales 57:38, 18-23: 1. J'ne Furrow 49:09, 24-29: 1. Leticia Meigoza 39:49, 2. Susan McDonald 45:52, 3. Lynn Brassfield 49:05, 30-34: 1. Raelyn Wolgast 50:21, 2. Suzanne Gibbons 52:52, 3. Jackie Jackson 55:47, 35-39: 1. Raquel Flores 41:41, 2. Mary Prusso 51:47, 3. Cecilia Trujillo 52:21, 40-44: 1. Janice McKay 54:01, 2. Carly Hagerman 55:45, 3. Lauren McLemore 56:01, 45-49: 1. Shirley Konya 54:20, 2. Vicki Rios 56:42, 3. Karen Maus 58:27, 50 & Over: 1. Teresa Verdin 59:55, 2. Gerry Martin 60:01, 3. Jean McClean 60:05.

Division Results - Men's 5K
13 & Under: 1. Hector Chavez 20:04, 2. Roman Nieto 20:44, 3. Finn Malarkey 24:54, 14-17: 1. Juan Cisneros 16:07, 2. Jesus Alatorre 16:09, 3. Raul Brito 16:39, 18-23: 1. Eusebio Balenzuela 15:54, 2. Sergio Manana 16:47, 3. Christian Costa 18:59, 24-29: 1. Mark Laplant 15:15, 2. Martin Callahan 15:36, 3. Juan Gless 16:39, 30-34: 1. Doug McKee 16:02, 2. Ernesto Camacho 16:25, 3. Arturo Ortiz 17:15, 35-39: 1. Vicente Perez 17:11, 2. Jack Baldwin 17:59, 3. Juan Garcia 19:09, 40-44: 1. Angelo Gutierrez 15:44, 2. Vicent Graves 17:34, 3. Robert Chavez 18:21, 45-49: 1. Juan Navarrete 18:13, 2. Daved Leaton 18:24, 3. Luis O'La Cruz 19:29, 50-54: 1. Robert McAlpine 18:33, 2. Joe Kooklin 19:40, 3. Ron Heifner 20:25, 55-59: 1. Al Ray 18:34, 2. Jesus Nuno 22:13, 3. Wayne Nelson 27:38, 60 & Over: 1. Jack Green 22:35, 2. Ted Homer 22:45, 3. Zacarias Mejia 24:02.

Division Results - Women's 5K
13 & Under: 1. Mariella Ortiz 21:14, 2. Rocio Nieto 21:44, 3. Konia Zazuta 22:09, 14-17: 1. Imelda Lopez 20:05, 2. Norma Reyes 24:48, 3. Jennifer Austin 29:33, 18-23: 1. Gloria Arana 19:43, 2. Jacqueline Fonseca 23:06, 24-29: 1. Marie Rodriguez 18:45, 2. Sugar Dobbs 19:57, 3. Elma Hernandez 21:06, 30-34: 1. Laura Held 19:14, 2. Lila Castillo 20:47, 3. Amilia De Ortiz 21:25, 35-39: 1. Lynda Crossland 23:22, 2. Trinidad Gonzales 23:42, 3. Sylvia Annecchiarico 24:56, 40-44: 1. Eva Cervantes 22:02, 2. Anna Kessler 22:56, 3. Guillermina Ames 23:11, 45-49: 1. Kathy Loper 19:35, 2. Mike Dawson 25:19, 3. Cloise Randazzo 26:04, 50 & Over: 1. Sylvia Crisa 24:38, 2. Delores Vega 24:58, 3. Maria Reyes 26:06.

Tri For Fun

June 1. Sacramento, 1K Swim, 20K Bike, 5K Run

Division Results - Men
16-19: 1. Eric Bost 1:10:11, 2. Rob Egan 1:12:40, 3. David Pike 1:19:38, 20-24: 1. John Armour 1:07:51, 2. Mike Lecce 1:08:33, 3. Anthony Bentley 1:08:51, 25-29: 1. Don Ordoins 1:05:13, 2. Morgan Rosenbach 1:08:44, 3. Eric Knight 1:09:50, 30-34: 1. Don Weaver 1:03:37, 2. Jerry Brendel 1:09:01, 3. Doug Elliot 1:09:30, 35-39: 1. George Spinaz 1:13:20, 2. Rod Farley 1:15:06, 3. Ryan Wood 1:15:23, 40-44: 1. Curt Houry 1:09:42, 2. John Murphy 1:13:13, 3. John Farrell 1:14:42, 45-49: 1. Rob Estes 1:14:21, 2. Harold Hardin 1:23:45, 3. John Coulter 1:22:49, 50-54: 1. Jack Hildbrand 1:13:26, 2. John School 1:23:35, 3. Kelly Worrell 1:24:57, 55 & Over: 1. Gerry Cryderman 1:25:37, 2. John Fleming 1:32:30, 3. Dan Dickey 1:46:58.

Division Results - Women
20-24: 1. Susan Fox 1:14:26, 2. Angie Allen 1:27:21, 3. Kelley Dugan 1:43:32, 25-29: 1. Linda Cassillas 1:15:55, 2. Julie Thorton 1:19:18, 3. Beth Weigel 1:23:18, 30-34: 1. Joan Gregg 1:16:48, 2. Pam Rhodes 1:17:37, 3. Cheryl Herms 1:30:19, 35-39: 1. Edie Brainard 1:15:22, 2. Nancy Huber 1:21:42, 3. Leah Morris 1:25:05, 40-44: 1. Toni Mounts 1:24:11, 2. Kit Lenz 1:25:27, 3. Nancy Fish 1:34:03, 45-49: 1. Maxine Young 1:57:56, 55 & Over: 1. Elizabeth Baker 2:22:00.

Gold Medal Triathlon

June 1. Vacaville.

Overall Results
1. Chris Ward (32) Oakland 58:54, 2. Bruce Mace (32) Mill Valley 59:32, 3. Steve Atkins (28) Davis 59:48, 4. Joan Alley-Smith (29) Redwood City 1:02:15, 5. Mark Loos (25) Greenbrae 1:03:11, 6. Dennis Good (43) Fairfield 1:03:46, 7. Andy Robles (23) Santa Clara 1:04:07, 8. Jesse White (24) Petaluma 1:04:17, 9. Maria Hood (24) San Carlos 1:04:18, 10. Team Duca (Benicia) 1:05:43, 11. Lesley Chequer (25) Los Altos 1:05:44, 12. William Fried (31) Sunnyvale 1:06:24, 13. Dana Stanley (25) San Francisco 1:07:01, 14. Duane Franks (32) Sausalito 1:07:06, 15. Peter Sharkey (34) Danville 1:07:17, 16. Charlie Yerutti (39) Soquel 1:07:24, 17. Christopher Peatross (25) Palo Alto 1:08:47, 18. Stephanie Danzig-Couch (26) Redwood City 1:10:01, 19. Liz Spurr (27) San Francisco 1:10:56, 20. Jack Sorensen (49) San Ramon 1:11:31.

Harbor Bay Biathlon

June 2. Alameda, 2.5 MI. Run, 9 MI. Bike, 1.8 MI. Run.

Overall Results
1. Carlos Lomba (26) Oakland 43:56, 2. Steve Deal (26) Palo Alto 43:56, 3. Gary Johnspud (34) Orangevale 44:41, 4. Howard Worrell (36) Oakland 44:53, 5. Peaslee Douglas (29) San Francisco 45:00, 6. Bryan

Noelle (28) Chico 45:25, 7. Chatham Ross (32) Alameda 45:36, 8. Team Barnett (Oakland) 45:37, 9. Team Moser (Walnut Creek) 46:33, 10. Kevin Loop (35) Sunnyvale 46:51.

11. Guy McKenzie (41) Redwood City 46:58, 12. Rick Lawton (25) San Jose 47:02, 13. Jason Maintzer (19) So. San Francisco 47:13, 14. Team Stevens (Novato) 47:16, 15. Delmar Bodin (25) Castro Valley 47:26, 16. Don Hicks (31) Rancho Cordova 47:50, 17. Timothy Hess (27) Newark 48:02, 18. Martin Olson (25) El Sobrante 48:39, 19. Tim Macycar (27) San Jose 48:52, 20. Tim West (41) Corte Madera 49:00.

Kingsbury Biathlon

June 2. Los Angeles.

Division Results - Men
15-19: 1. Michael Chumley 36:43, 2. Noel Vought 38:27, 20-29: 1. Alfred Chavez 28:32, 2. Andy Wells 31:04, 3. Marty Hochman 38:40, 30-39: 1. Kevin Lutz 25:43, 2. Ray Alvarez 25:58, 3. Robert Brent 29:57, 40-49: 1. Salvador Torres 30:26, 2. Pedro Ponce 30:45, 3. Scott McMillan 30:47, 50-59: 1. Kent Davis 36:35, 2. Roger Combs 46:52, 60 & Over: 1. Emilio Chavez 34:25, 2. Allan Immerman 1:51:00.

Division Results - Women
20-29: 1. Donna Pirkston 37:08, 2. Shelley Moore 37:58, 30-39: 1. Holly Beatie Farr 26:34, 2. Elaine Sargent 31:45, 3. Jo Kowalski 33:42, 40-49: 1. Patricia Cane 35:51, 2. Virginia Finley 1:04:56.

Alum Rock Run

June 2. San Jose, 10K.

Overall Results
1. Dan Stefanisko (29) 34:06, 2. Gilbert Munoz (31) 34:14, 3. David Kopac (21) 36:09, 4. Garrett Martin (19) 36:46, 5. Dan Anderson (39) 37:17, 6. Donnie Anderson (38) 37:37, 7. Fernando Rodriguez (29) 38:26, 8. Patrick Donnelly (31) 38:25, 9. Lucio Perez (29) 39:53, 10. Noirm Gould (41) 39:53.

Division Results - Men
17 & Under: 1. Justin Connelly 43:35, 2. Nick Piellusch 53:08, 3. Jason Garcia 55:31, 19-29: 1. Dan Stefanisko 34:06, 2. David Kopac 36:09, 3. Garrett Martin 36:46, 30-39: 1. Gilbert Munoz 34:14, 2. Dan Anderson 37:17, 3. Donnie Anderson 37:37, 40-49: 1. Norm Gould 39:53, 2. Bob Lilly 40:00, 3. Neil Gelblum 41:16, 50-59: 1. Carlos Saldivar 42:39, 2. Lupe Correa 49:03, 3. Mike Flint 51:11, 60-69: 1. Ken Nash 58:26, 2. Art Purdy 58:54, 3. Jess Nuno 61:36.

Division Results - Women
17 & Under: 1. Judith McCullough 41:47, 19-29: 1. Pam Allie-Morill 40:37, 2. Betty Gorgora 48:42, 3. Jennifer Cornell 52:52, 30-39: 1. Karen Rowen 41:23, 2. Kathleen Kings 47:00, 3. Kim Anderson 47:01, 40-49: 1. Connie Mils 48:50, 2. Elizabeth Boender 51:37, 3. Alice Stegman 56:00, 50-59: 1. Luise Muller 55:36.

Teams: 1. San Jose Fire 121:02, 2. Jags 125:51, 3. DEA 133:40, 4. San Jose Police 138:22, 5. US Customs 151:41.

Mystic Bear Runs

June 2. Univ. of Calif., Berkeley Campus, 5K & 10K.

Overall Results - 10K
1. Imre Farkas 34:41, 2. Dan Borgfeldt 35:49, 3. Joan Fowler 35:57, 4. Ken Turman 36:31, 5. Patrick Lee 38:57, 6. Katelyn Johnson 39:07, 7. Christopher David 44:33, 8. Richard Nippes 44:39, 9. Jerrold Goodwin 44:44, 10. Peter Carr 45:06.

Division Results - Men's 10K
19-29: 1. Imre Farkas 34:41, 30-39: 1. Ken Turman 36:31, 40-49: 1. Patrick Lee 38:57, 50-59: 1. Rob Kirby 45:15, 60-64: 1. Harry Quinn 67:11.

Division Results - Women's 10K
19-29: 1. Katelyn Johnson 39:07, 30-39: 1. Jona Fowler 35:57, 40-49: 1. Jane Fraser 53:28, 50-59: 1. Marianne Neuber 46:50.

Overall Results - 5K
1. Stuart Wiseman 16:30, 2. Helen Lehman 19:21, 3. David Cartwright 19:31, 4. Darren Lynch 19:45, 5. Arthur Gonzales 20:18, 6. Ian Lawson 20:35, 7. Kevin Gerson 20:41, 8. Patrick Doyal 20:46, 9. Carlos Diaz 21:29, 10. Kazuko Aoyagi 21:44.

Division Results - Men's 5K
12 & Under: 1. Craig Wheatfield 24:53, 13-18: 1. Ryan Leong 25:52, 19-29: 1. Stuart Wiseman 16:30, 30-39: 1. Patrick Doyle 20:46, 40-49: 1. Dennis Lem 23:15, 50-59: 1. Ron Sonoda 22:07, 60-64: 1. Jess Chavez 21:57.

Division Results - Women's 5K
12 & Under: 1. Cheryl Loo 50:27, 13-18: 1. Tina Striebing 27:14, 19-29: 1. Helen Lehman 19:21, 30-39: 1. Kazuko Aoyagi 21:44, 40-49: 1. Teri Gauvin 27:32, 50-59: 1. Sally Woller 23:40, 60-64: 1. Marilyn Tucker 33:35.

Pier Run

June 2. Huntington Beach, 5K & 10K.

Division Results - Men's 5K
Overall Winners: 1. Enrique Alvarez 15:45, 2. Rick Csintalan 16:20, 3. Michael Coe 16:27, 14 & Under: 1. Joey Cucci 19:01, 2. Travis Fisher 19:08, 3. Vince Nguyen 20:05, 15-19: 1. Tim Bohan 17:46, 2. Erich Phinizy 18:55, 3. Andream Bitterlich 20:50, 20-24: 1. Charlie Yu 16:34, 2. Mark Cosgrove 17:40, 3. Eric Ching 19:30, 25-29: 1. Rick Csintalan 16:20, 2. Michael Coe 16:27, 3. Jesse Metomoyer 16:58, 30-34: 1. Frank Krull 17:01, 2. Pablo Fernandez 17:51, 3. Paul Ciano 18:21, 35-39: 1. Enrique Alvarez 15:45, 2. Wayne Callillie 18:46, 3. Joe Pearson 20:17, 40-44: 1. Bob Dillman 16:51, 2. Mike St. Andre 18:57, 3. Mark Conte 13:13, 45-49: 1. John Gonzalez 18:38, 2. Bob Giblin 18:58, 3. Joe Yanez 20:17, 50-54: 1. Al Shook 20:35, 2. Will Manson 23:35, 3. Robert Archard 24:23, 55-59: 1. Juvenal Herrera 19:06, 2. Hank Munoz 21:29, 3. Del Christiansen 24:00, 60-69: 1. Ed Holzinger 26:49, 2. David Slomke 32:16, 3. Barkley Yarbrough 34:31.

Division Results - Women's 5K
Overall Winner: 1. Lori Coker 19:09, 2. Julie Hansen 20:18, 3. Janna Evans 20:26, 14 & Under: 1. Janndee Evans 20:45, 2. Sara

RESULTS

Schellenberg 21:29, 3. Christie Alvizo 23:55. 15-19: 1. Janna Evans 20:26, 2. Lana Atchley 20:51, 3. Laurie Schellenberg 22:08. 20-24: 1. Julie Hansen 20:12, 2. Mica Baltierra 21:47, 3. Tiffany Anderson 22:17. 25-29: 1. Sandra Delariva 21:48, 2. Diana McCabe 23:45, 3. Lydia Payne 25:02. 30-34: 1. Jamulett Odewald 21:56, 2. Barbara Krupenkin 23:00, 3. Maria Johnson 23:18. 35-39: 1. Felice Crutchfield 25:10, 2. Judy Clemensen 25:15, 3. Maralee Arnold 25:52. 40-44: 1. Lori Coker 19:09, 2. Marie English 25:17, 3. Marie Goss 27:42. 45-49: 1. Shirley Frobas 24:52, 2. Cathy Misch 27:25, 3. Lenette McGookin 28:24. 50-54: 1. Dixie Madsen 24:55, 2. Joellen Sanders 25:26, 3. Erlinda Wade 32:43. 55-59: 1. Alice Waythomas 31:46, 2. Helen Holt 37:27, 3. Marlene Ryan 41:04. 60-69: 1. Lonnie Abang 27:46, 2. Shirley Blackman 37:12, 3. Joan Gunn 40:23.

Division Results - Men's 10K

Overall Winners: 1. Bob Shisler 32:42, 2. Daniel Dozal 33:15, 3. David Graham 33:17. 14 & Under: 1. Brian Fraser 44:32, 2. Nicholas McVeigh 57:52. 15-19: 1. Eddie Alvizo 38:41, 2. Javier Rosete 39:46, 3. Tyler Parr 44:56. 20-24: 1. Daniel Dozal 33:15, 2. Michael McCarthy 40:11, 3. Mark Swanson 41:23. 25-29: 1. Bob Shisler 32:42, 2. Sergio Ramirez 36:36, 3. Anthony Villalobos 37:22. 30-34: 1. David Graham 33:17, 2. Steve Lind 35:05, 3. Joseph Hesketh 36:17. 35-39: 1. James Fichtel 35:24, 2. Kim Hipsher 36:31, 3. Fidel Diaz 38:27. 40-44: 1. Larry Andrews 37:10, 2. Ross Smith 38:47, 3. Scott McKown 39:12. 45-49: 1. Don Watrous 41:42, 2. Mike Mathias 42:22, 3. Bill Sokol 42:34. 50-54: 1. Denis Doran 39:15, 2. Richard Cochran 42:43, 3. John Wallace 44:07. 55-59: 1. Robert Matthews 42:56, 2. Frank Wallace 44:01, 3. Mann Ysarzo 45:08. 60-69: 1. Chuck Morrow 49:15, 2. Jim Heltzman 49:29, 3. Mike Piehl 50:02. 70 & Over: 1. Ray Holder 48:50, 2. Eddie Lewin 48:58.

Division Results - Women's 10K

Overall Winners: 1. Jill Metzger 40:32, 2. Susan Steiner 42:25, 3. Anette Ekelius 43:36. 14 & Under: 1. Angela Yamamoto 49:31, 2. Lindsay Pai 50:47, 3. Gina Runzel 53:10. 15-19: 1. Susan Steiner 42:25, 2. Inger Mahan 55:30, 3. Karrie Donahue 59:27. 20-24: 1. Maggie Velasquez 44:22, 2. Tricia Keville 45:37, 3. Krista Glepski 46:45. 25-29: 1. Anette Ekelius 43:36, 2. Irene Barillas 45:49, 3. Suzanne Gordon 46:31. 30-34: 1. Jill Metzger 40:32, 2. Carolyn Parsons 45:48, 3. Joslyn Dugas 45:50. 35-39: 1. Penni Smith 47:40, 2. Dawn Vonderheide 48:22, 3. Grace MacLaughlin 50:11. 40-44: 1. Cindy Lang 46:44, 2. Mary Stern 48:41, 3. Kathy Lighthall 52:23. 45-49: 1. Sue Cummings 52:24, 2. Diann Heyer 53:51, 3. Kathryn Schwabl 55:52. 50-54: 1. Mary Dugan 49:29, 2. Dixie Madsen 53:11, 3. Veecee Crowe 53:48. 55-59: 1. Kaye Howell 58:20. 60-69: 1. Betty Walker 1:04:51.

San Francisco Italian Statuto Race

June 2, San Francisco, 8K.

Overall Results

1. Carmelo Rios (31) 24:51, 2. Randy Accetta (27) 25:27, 3. John Moreno (36) 25:36, 4. Don Paul (40) 26:31, 5. Benjamin Castaneda (26) 26:51, 6. Rick Bruess (32) 27:06, 7. Anthony Dacquist (27) 27:14, 8. Rene Isler (28) 27:27, 9. James Tracy (41) 27:36, 10. Jim Misener (30) 28:03. 11. Daniel McCullough (34) 28:30, 12. Ivan Gama (32) 28:38, 13. Pete Nowicki (32) 28:40, 14. George Riley (34) 28:50, 15. David Liotta (21) 28:56, 16. Truman Yee (31) 29:02, 17. Mike McLoughlin (29) 29:16, 18. Dean Whittaker (17) 29:16, 19. Steve Ottaway (38) 29:35, 20. Darryl Beardall (54) 28:42. 21. Anthony Beron (28) 29:54, 22. Dale Bryan (30) 29:55, 23. Larry McDonnell (25) 29:58, 24. Melissa Martel (29) 30:01, 25. Laura Bruess (30) 30:31, 26. Jeff May (40) 30:43, 27. Joan Colman (47) 30:44, 28. David Rissmiller (45) 30:58, 29. John Mercurio (35) 31:10, 30. Rick Keil (46) 31:21.

Shoreline Runs

June 2, San Leandro, 10K.

Division Results - Men

6-13: 1. Kenny Easley 45:59, 2. Jeffrey Trunnelle 50:59, 3. Richard Mendez 51:04. 14-18: 1. Sylvester Coons 35:44, 2. Nick Ratti 36:41, 3. Michael Caine 39:44. 19-29: 1. Jay Marden 30:10, 2. Jack Marden 31:24, 3. Leon Shordon 31:32. 30-39: 1. Chris Ward 33:11, 2. Steven Chavez 33:18, 3. Steve Webb 33:26. 40-49: 1. Ernie Rivas 34:36, 2. Terry Buller 35:35, 3. Don Murdoch 36:11. 50-59: 1. Roll Nebelung 39:06, 2. William Boeckmann 39:12, 3. Richard Deyoung 41:31. 60-69: 1. Joe King 39:58, 2. John Rouse 41:43, 3. David Nethaway 45:23. 70 & Over: 1. Ralph Jago 1:02:40, 2. Tony Marshall 1:05:06. Wheelchair: 1. Taylor Carey 29:16, 2. David Elsner 36:13.

Division Results - Women

5 & Under: 1. Tia Luciano 1:00:17. 6-13: 1. Jessica Ramos 58:37, 2. Diana Ryenolds 1:01:55, 3. Penny Hodges 1:04:06. 14-18: 1. Allison Pretto 47:17, 2. Yvonne Sramek 54:45, 3. Melissa Ratti 56:26. 19-29: 1. Jennifer Cubillas 37:03, 2. Mary Rees 38:31, 3. Isabelle Gaston 41:11. 30-39: 1. Sue Viretta-Brusher 37:55, 2. Suzanne Margerum 41:23, 3. Maryanne Elliott 42:15. 40-49: 1. Sharlet Gilbert 42:20, 2. Jeanne Krall 43:59, 3. Diane Reber 45:41. 50-59: 1. Margaret Cooke 44:44, 2. Barbara Robben 50:35, 3. Marilyn Funaro 51:58. 60-69: 1. Peggy Hansen 1:00:23, 2. Helen Sowers 1:08:12, 3. Joan Williams 1:22:07. 70 & Over: 1. Peggy Pridmore 1:07:31. Wheelchair: 1. Lynne Carlton 35:53.

"I Did It" Biathlon

June 8, Novato, Short Course, Long Course.

Overall Results - Short Course

1. Delmar Bodin (25) Castro Valley 40:23, 2. Team McCluhan (Concord) 40:56, 3. Kurt Ronsere (18) San Rafael 43:51, 4. John Molson (18) San Rafael 44:14, 5. James McCray (37) Sonoma 45:09, 6. Robin Stoval (32) Sonoma 45:36, 7. Rudy Miguel (38) Vallejo 46:52, 8. Jon Skaglund (50) Petaluma 48:50, 9. Jack Remedi (47) Fairfield 48:53, 10. Daryl Hopkins (29) Alameda 50:00.

Overall Results - Long Course

1. Lucioa Perez (29) So. San Francisco 1:37:39, 2. Dy Bunce (36) Modesto 1:37:59, 3. Steve Gregg (34) Oakland 1:42:27, 4. Scott Takaoka (26) Palo Alto 1:44:02, 5. Steve Sovik (25) San Francisco 1:45:53, 6. Bob Mullen (29) San Francisco 1:46:09, 7. Dave Burlington (28) San Francisco 1:46:57, 8. Jack Sorensen (42) San Ramon 1:47:50, 9. Tom Monroe Jr. (27) Danville 1:48:07, 10. Kirk Johnson (31) Moraga 1:49:19.

Robert DeCelle II Memorial Tahoe Relay

June 8, Lake Tahoe.

Overall Results

1. Fleet Feet Racing 6:58:10, 2. Reebok/Aggie Running 7:15:40, 3. East Bay Gumbies 7:28:38, 4. Party On Dudes 7:39:13, 5. Made In The Shade 7:59:44, 6. Runnin Aztecs 8:06:02, 7. Christian Runners 8:05:05, 8. The Locals 8:05:30, 9. L.M.J.S. 8:08:11, 10. Psychodelic Seven 8:12:10. 11. Mixed-Up Washoe Med. 8:13:13, 12. Reno/Sparks AC 8:16:56, 13. Westinghouse A 8:17:14, 14. Tprahumara Falcons 8:19:02, 15. Harrier Cavemen 8:21:25, 16. L.M.J.S. 8:22:33, 17. China Lakers 8:24:22, 18. Ruby Mt. Running Club 8:25:13, 19. Earthly Delights 8:29:24, 20. Buffalo Chips Women 8:30:29.

Teams

Men: 39 & Under: 1. Fleet Feet Fair Oaks 6:58:10, 2. Reebok Running Club 7:15:40, 3. East Bay Gumbies 7:28:38. **Senior Men 40-50:** 1. Ruby Mountain RC 8:25:13, 2. Speedy Burrito 8:51:42, 3. Clorox "Big Dogs" 8:57:21. **Corporate:** 1. Westinghouse A Team 8:17:14, 2. China Lakers 8:24:22, 3. Clorox II 8:49:48. **Women:** 39 & Under: 1. Buffalo Chips 8:30:29, 2. Squeeze In Ladies 10:08:45, 3. Washoe Med Women 10:47:16. **Senior Women 40-50:** 1. South Lake Tahoe 10:40:19, 2. SRC/TRC 12:02:12. **Master Women 51 & Up:** 1. L.M.J.S. 11:00:59. **Mixed Teams:** 1. The Locals 8:06:06, 2. Mixed-Up Wasoe Med 8:13:13, 3. Lake Merritt Joggers & Striders 8:22:33.

Corona Del Mar Scenic Run

June 8, Corona Del Mar, 5K.

Division Results - Men

Overall Winners: 1. John Koringh 14:53, 2. Jimmy Rodriguez 15:21, 3. Jan Friedli 15:37. 14 & Under: 1. Clay Chilcott 19:42, 2. Tom Coffey 19:53, 3. Kenny Semph 20:32. 15-18: 1. Robert Ho 16:48, 2. Sigl Cabrera 17:25, 3. Aaron McLendon 17:36. 19-24: 1. Jimmy Rodriguez 15:21, 2. Jan Friedli 15:37, 3. James Buckley 16:54. 25-29: 1. Kurt Hughes 15:44, 2. Ruben Esparza 15:55, 3. Martin Callahan 16:01. 30-34: 1. John Koringh 14:53, 2. Chris Jagers 16:07, 3. Eugenio Vidales 16:08. 35-39: 1. Carey Simons 15:45, 2. Bill Randall 16:13, 3. Irven Dawson 17:05. 40-44: 1. Coach Summer 16:32, 2. Bob Langston 16:33, 3. Steve Keilmeyer 17:35. 45-49: 1. Richard Guintanilla 18:13, 2. Larry Ryan 18:23, 3. Bob Van Sickle 18:29. 50-54: 1. Alan Wakeling 17:53, 2. John Stewart 18:32, 3. Bob Inouye 19:52. 55-59: 1. Juvenal Herrera 18:50, 2. Bob Rice 19:41, 3. Buddy Belshe 19:49. 60 & Over: 1. Jerry Withers 21:24, 2. Tom Wilson 22:12, 3. Richard Hochschild 22:25.

Division Results - Women

Overall Winners: 1. Carol Keller 17:21, 2. Diane Haney 18:35, 3. Lisa Kothe 18:40. 14 & Under: 1. Dresden Howell 20:45, 2. Christine Weaver 21:16, 3. Christa Worley 21:22. 15-18: 1. Joyce Lee 21:27, 2. Heather Newell 21:33, 3. Gwen Twist 21:34. 19-24: 1. Mary Gaine 19:28, 2. Alexa Steele 20:58, 3. Jeanne Tkach 21:13. 25-29: 1. Diane Haney 18:35, 2. Pippa Cribb 19:12, 3. Tere Hemond 19:37. 30-34: 1. Carol Keller 17:21, 2. Lisa Kothe 18:40, 3. Donna Averill 19:42. 35-39: 1. Trish Pierson 19:54, 2. Thea Fox 20:18, 3. Liz Sanborn 20:28. 40-44: 1. Joan Robert 20:14, 2. Karen Bancroft 22:15, 3. Patty Wise 24:33. 45-49: 1. Sandi Carter 21:09, 2. Nancy Gardner 21:30, 3. Dinny Shryock 22:13. 50-54: 1. Joan Jeter 21:13, 2. Marnie O'Brien 22:48, 3. Marcia Martyn 24:30. 55-59: 1. Judy Martin 22:02, 2. Vera Kennedy 22:35, 3. Patty Harvey 28:26. 60 & Over: 1. Jessie Nicholson 25:22, 2. Phyllis Moll 27:24, 3. Mary Jank 28:39.

Sloughhouse Country Run

June 8, Sacramento, 5K & 10K.

Overall Results - 5K

Men: 1. Greg Miller 16:02, 2. Brian Pitt 16:04, 3. Donald Hicks 16:51. **Women:** 1. Denise Mortimer 20:52, 2. Diane Burns 23:31, 3. Susanne Andreotti 23:59.

Overall Results - 10K

Men: 1. Gary Johnsrud 33:33, 2. Bill Langhout 34:22, 3. James Milton 34:48. **Women:** 1. Vicki Pell 41:06, 2. Beckie Starisky 43:06, 3. Mary Hess 43:10.

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RESULTS

Knights of Columbus Runs

June 9. Half Moon Bay. 10K (More like 5.2 ML) & 4 ML Walk.

Division Results - Men's 10K

17 & Under: 1. Beebe Rutledge 33:07, 2. Tom Washington 36:55, 3. Mike Heggund 47:39, 18-29: 1. Chris Phipps 30:24, 2. Ken Cicinelli 33:12, 3. Jeff White 33:17, 30-39: 1. James Norworthy 30:47, 2. Jesus Ruiz 31:39, 3. Roger Smale 36:06, 40-49: 1. Ted Oeck 37:34, 2. Joseph Bookataub 37:51, 3. Jon Roller 38:22, 50-59: 1. Ron Clazie 39:48, 2. Jack Pons 42:32, 3. Ivan Scott 45:47, 60 & Over: 1. Al McCubbin 50:08.

Division Results - Women's 10K

17 & Under: 1. Kristi Hulet 41:52, 2. Monica Rutledge 57:24, 18-29: 1. Dana Ott 40:16, 2. Jill Palmer 46:57, 3. Teddi Johnson 48:23, 30-39: 1. Jose Geldreich 38:14, 2. Louise Moyer 39:23, 3. Chanye Thomas 43:58, 40-49: 1. Susan Camus 49:20, 2. Shari Wiazowski 49:49, 3. Kathleen Pyle 50:47, 50-59: 1. Doreen Greaci 45:01, 2. Roberta Carlson 47:41, 3. Mike McCubbin 50:19, 60 & Over: 1. Phyllis Rogers 1:07:32, 2. Geraldine Borick 1:09:44, 3. Viola Kull 1:12:59.

Tribune Runs

June 9. San Diego. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. James Swinson 15:40, 2. Robert Persell 15:59, 3. Arthur Cooper 16:19, 12 & Under: 1. Jeff Schleicher 19:12, 2. Brent Sells 19:26, 3. Robert Guillory 20:51, 13-17: 1. Julio Bobrowski 17:10, 2. Ryan Larson 17:20, 3. Jeff Meisner 18:56, 18-24: 1. Arthur Cooper 16:19, 2. Pieter Damaud 16:48, 3. Boy Jordan 17:45, 25-29: 1. James Swinson 15:40, 2. Robert Persell 15:59, 3. Steve Hastings 16:26, 30-34: 1. Mark Leisinger 17:00, 2. Robert Fagnant 17:07, 3. Cory Humphries 17:13, 35-39: 1. Robert Wiegand 16:42, 2. Steve Rohds 17:14, 3. Joe Kender 17:36, 40-44: 1. Francis Delaney 18:58, 2. Gregg Miller 19:05, 3. Thomas Bartel 19:34, 45-49: 1. Steve Myhro 16:34, 2. Willie Clarke 18:52, 3. Carl Grubert 19:53, 50-54: 1. Bob Daniel 20:06, 2. Tony Davis 20:29, 3. Keith Takahashi 23:50, 55-59: 1. Ron Morgan 19:13, 2. Dan Dalton 20:45, 3. Wayne Watson 21:06, 60-64: 1. Ken Maloney 26:25, 2. John Tovrea 26:51, 3. Bob Cornett 27:25, 65-69: 1. John Cross 36:49, 70-79: 1. Gerry Schlierf 55:49, 80 & Over: 1. Paul Bernd 37:12.

Division Results - Women's 5K

Overall Winner: 1. Stacy Kneeshaw Rucker 18:13, 2. Anita Brereton 18:44, 3. Karen Harris 19:02, 12 & Under: 1. Shannon O'Connor 21:52, 2. Natalie Forsyth 22:42, 3. Tiffany Turk 25:17, 13-17: 1. Michel O'Connor 19:35, 2. Kip Grubelnik 19:57, 3. Mira Hombacher 20:36, 18-24: 1. Anita Brereton 18:44, 2. Kelly Fay 20:20, 3. Jennie Sirois 22:13, 25-29: 1. Stacy Kneeshaw Rucker 18:13, 2. Karen Harris 19:02, 3. Kim Malone 21:48, 30-34: 1. Jane Spencer 19:03, 2. Vicki Riedel 21:14, 3. Linda Riley 21:59, 35-

39: 1. Kim Hombacher 22:34, 2. Susan Farington 24:08, 3. Janet Fraser 24:56, 40-44: 1. Kerry Tabler 20:02, 2. Susan Hunter 22:16, 3. Penny Wiles 23:06, 45-49: 1. Virginia Dickerson 25:26, 2. Karen Peter 25:54, 3. Judy Haas 27:02, 50-54: 1. Karen Perry 36:00, 2. Buffy Ceragioli 40:01, 3. Mary Kay Bailey 42:34, 55-59: 1. Rosemarie Kachadorian 30:51, 2. Phyllis Guthery 35:45, 3. Phyllis Parra 38:16, 60-64: 1. Della Reveal 44:07, 2. Alice Smith 44:42, 3. Joan Rabeneau 49:09, 65-69: 1. Grace Carson 32:52, 2. Cloe Sayles 47:19, 3. Anna Jacobsen 47:20, 70-79: 1. Judy Simon 29:37, 2. Lucricia Newman 47:12.

Division Results - Men's 10K

Overall Winners: 1. Thom Hunt 28:47, 2. Matt Clayton 29:17, 3. Steve Richards 30:10, 12 & Under: 1. Colin Donnelly 40:36, 2. Mark Savel 43:16, 3. Mike Rich 43:44, 13-17: 1. Jason Kayne 32:31, 2. Josh Johnson 34:17, 3. Daniel O'Connor 34:36, 18-24: 1. Steve Richards 30:10, 2. Kenneth Jansson 30:55, 3. Jamie Hunt 31:14, 25-29: 1. Matt Clayton 29:17, 2. James Sheremeta 30:52, 3. Gary Brimmer 31:45, 30-34: 1. Thom Hunt 28:47, 2. Jon Freriks 32:07, 3. Dan Roby 32:40, 35-39: 1. Gregory Wagner 33:19, 2. Bob Hawker 33:26, 3. Kim Ulle 34:09, 40-44: 1. Bob Betancourt 33:37, 2. Chris Cortez 35:22, 3. Mac Larson 36:21, 45-49: 1. Don Shanahan 35:19, 2. Loren McKnight 36:48, 3. Jim Cruickshank 36:48, 50-54: 1. Dan McCaskill Jr. 35:09, 2. Francisco Saiz 36:13, 3. Jim Temples 37:35, 55-59: 1. Jerry Berkout 38:49, 2. Warren Osborn 39:12, 3. Bud Davis 40:39, 60-64: 1. Dick Robinson 40:39, 2. Charles Kachadorian 41:35, 3. Roger Martin 45:13, 65-69: 1. Jim O'Neill 37:34, 2. Edward Pierce 42:34, 3. Matt Gleason 45:56, 70-79: 1. Wayne Zook 45:16, 2. Harold Mulder 56:06, 3. Bob Hutchins 1:11:08, 80 & Over: 1. Willard Benton 1:05:45.

Division Results - Women's 10K

Overall Winners: 1. Jeanne Lasee-Johnson 32:45, 2. Maria Trujillo 33:33, 3. Kathleen Bowman 33:39, 12 & Under: 1. Christine Keays 47:30, 2. Laurie O'Connor 50:51, 3. Becky Steadman 1:04:45, 13-17: 1. Tamara Tyrrell 40:14, 2. Angie Hansen 40:40, 3. Nara Hawker 48:21, 18-24: 1. Maria Morales 37:54, 2. Vanessa Yingling 41:08, 3. Tashia Hammel 42:46, 25-29: 1. Carrie Booth 34:06, 2. Katie Webb 35:02, 3. Alma Macy 35:36, 30-34: 1. Jeanne Lasee-Johnson 32:45, 2. Maria Trujillo 33:33, 3. Kathleen Bowman 33:39, 35-39: 1. Mindy Ireland 35:27, 2. Kimberlee Campo 35:39, 3. Macella Terane 38:37, 40-44: 1. Judy Fehauer 39:02, 2. Cindy Colz 40:52, 3. Willie Tennant 41:57, 45-49: 1. Meen Bodelid 37:00, 2. Kathy Loper 39:18, 3. Ann Walker 41:23, 50-54: 1. Eileen Pae 41:02, 2. Ursula Rains 43:34, 3. Tami Graf 44:27, 55-59: 1. Caroline Murray 44:03, 2. Martha Walker 48:56, 3. Chris Cromer 50:53, 60-64: 1. Marion Taylor 1:22:21, 2. Bobbie Harkay 1:32:43, 3. Anna Bergman 1:34:47, 65-69: 1. Mary Storey 48:29, 2. Marylynn Deddeh 1:12:59, 3. Ethel Spahn 1:42:22, 70-79: 1. Marjorie Easton 1:31:54, 2. Mary Riddle 1:34:59, 3. Nan Mac Dougall 1:49:40.

Fujitsu Classic 8K

By Mark Winitz

June 15, San Jose.

On a bright, warm morning in the upper 70s—one block from rows of sprouting, high tech, tinted glass, Silicon Valley plants—an alfalfa farmer obviously sat atop his tractor adjacent to the starting line of this flat, fast loop 8K course. Good fields were on both sides of the curb for the fourth annual Fujitsu Classic.

The setting of this race is, indeed, unique. Runners, who come from all over California and Nevada to participate in this well-organized race, are treated to both the old Santa Clara Valley and the new. This year 2,042 competitors gathered in front of Fujitsu's modern corporate headquarters to pin on numbers, stretch, hit the pre-race water stations and portable restrooms. Then they headed across First Street to the starting line—adjacent to some of the last remaining farmlands in North San Jose—for the 8K distance (4.97 miles), or a less formal 2-mile walk and stride. Once solely dependent on farming, of course, now the area is the electronics capital of the world.

This year's race was guaranteed to be a successful one. Fujitsu Microelectronics (a subsidiary of Japan's corporate electronics giant, Fujitsu) offered \$5,000 in prize money to the best performers in the open, masters (over 40 years old), and wheelchair divisions. In addition, \$500 bonuses for any runner setting new 8K records in either the open or masters divisions insured fast times. Combined with the excellent overall organization, generous participant "perks" made possible by a plethora of product sponsors, and guaranteed fast and accurate results, the Fujitsu Classic has earned its recognition as one of the best 8K races in the U.S.

As predicted, Reno, Nevada's Alan Dehlinger pushed the pace from the gun, as a big pack of men hit one mile in about 4:30 and two miles in 9:12. The lanky, 30-year-old is a veteran road racer, whose speed keeps everyone honest. In fact, there were a bunch of speedsters today.

"I looked around at two miles," said Dehlinger, "and there still was a huge pack of about a dozen. I knew, at that point, it was going to be a tough day."

The pack included Jay Marden, Bill Donakowski, Mark Conover, last year's winner Steve Schadler, and Gary Lewis.

At three miles (hit in 14 minutes flat), Dehlinger and Conover shared point duties. Conover, 31, the 1988 U.S. Olympic Marathon Trials winner, and a member of our 1988 Olympic

team, was getting his first look at the course. So was Jay Marden, 28, who was perched right on their heels. Marden, who was the 1981 Kinney National High School Cross country Champion, and who owns a PR of 13:36 for 5K on the track, is, invariably, a lurking threat. He likes to stick on the leaders' shoulders, and then uses his natural 4-minute miler's speed to sprint by them in the home stretch.

Indeed, that's how this year's men's race concluded. With 300 meters to go, Marden (1st, 23:06, \$1,000) punched it past Dehlinger (2nd, 23:07, \$500), who held off Conover (3rd, 23:08, \$250) by a step. Single clock ticks between the top three made this the closest finish ever at Fujitsu. It also made a big difference in the pay days of the top three men.

"There was no way I was going to go to (TAC Track & Field) Nationals this week," said Marden, who has struggled with iron and other mineral deficiencies for several years. (Jay is normally a very competitive racer on the track, and the TAC national meet is an important one for U.S. runners.)

"I decided to forget about them and just run some local road races to gradually get back to where I'm feeling good," said the Fremont resident, whose wife, Suzanne and infant son were on hand to watch his win. "A step at a time. This was a pretty good field, and another step up. I'm feeling a lot stronger, and that's what counts."

Conover, too, was happy with his effort, as he prepares for a go at the Gold Coast International Marathon in Australia on July 21st.

"My achilles still bothers me some," said the civil planner for San Luis Obispo County, who went through a long rehabilitative period for his ankle problem. "I guess it will always be there, but it's something that I can live with. There were some really good runners here today, and it's good to be able to run with them again."

The top three men all bettered Steve Schadler's winning time of 23:10 set last year.

In the women's race, Angelica Almeida (26:44, \$1,000) of Brazil defended her title, a good 33 seconds faster than last year. The petite Brazilian—who represented her country in the 1988 Olympic Games marathon in Seoul, South Korea—now lives in San Francisco. Last year's Fujitsu Classic win was one of her first races on the U.S. roads. Since then, she's competed often, and successfully. Southern California's Kathy Bowman (26:55, \$500) held down second place, about 10 seconds behind, for the whole race.

There were fast times in the open division, yes, but two of the real sparklers were in the masters divisions. Oakland's Laurie Binder, a nurse by

RESULTS

profession, is one of the fastest female masters runners in the world. At the Fujitsu Classic, she proved that at 43 she's not slowing down. Binder (3rd overall, 27:33) set a pending American masters record, eclipsing the previous mark of 27:51 set by Gabriele Anderson in 1990. (All American



LAURIE BINDER

Photo by Gene Cohn

records are considered "pending" until they are rechecked and ratified by The Athletics Congress, the national governing body of the sport.) Laurie received \$250 as first master, plus another \$500 for the race.

Then there's Domingo Tibaduiza, 41. Since becoming a master, the Colombian runner who has resided in Reno, Nevada for many years, hasn't merely sat on his laurels as a four-time Olympian. Tibaduiza (8th overall, 23:45) set a new masters world best for 8K. It eclipsed Mexican Mario Cuevas' previous world best of 23:49 set at the 1990 USRA Masters 8K in Florida in January, 1990. Tibaduiza received \$250 for the masters win, and a \$500 bonus for his effort.

"I'm a lot better off than last year," said the 41-year-old, master blaster, whose younger brother Miguel, and younger sister Rosy, both finished behind him. "My hamstrings were giving me problems then. Now, I'm in good shape."

Said Binder: "I surprised myself because I haven't been training as hard as I usually do. I cut my mileage back, and started playing some tennis and other things. This is kind of neat."

In the older masters divisions, Time Rostegge, 50, (27:27), Jaclyn Caselli, 70, (41:58) and Mel Shine, 82 (46:24) also had outstanding performances.

Wheelchair racers Jerry Deets (21:20, \$250, 4:17 pace) and Lynne Carlton (28:19, \$250, 5:41 pace) topped fast performances in an excellent wheelers field.

Overall Results - Men

1. Jay Marden (28) Oakland 23:06, 2. Alan Dehlinger (30) Reno, Nv 23:07, 3. Mark



JAY MARDEN

Photo by Gene Cohn

Conover (31) San Luis Obispo 23:08, 4. Gary Lewis (27) San Jose 23:13, 5. William Donakowski (34) El Soborante 23:25, 6. Oscar Barreto (26) Pacific Grove 23:37, 7. Stephen Schadler (25) Los Altos 23:43, 8. Domingo Tibaduiza (41) Reno, Nv 23:45, 9. Rob Anex (32) Atherton 23:46, 10. Miguel Tibaduiza (34) Reno, Nv 23:58.

11. Mike Stone (21) Rohnert Park 23:59, 12. Kenrick Sealy (20) San Jose 24:05, 13. Dan Aldridge (34) Santa Rosa 24:12, 14. Mike Galvin (25) Palo Alto 24:22, 15. Charles Alexander (27) Mountain View 24:30, 16. Jose Alsipuro (29) Aptos 24:31, 17. Bob Tapia (32) San Jose 24:36, 18. Mike Spencer (26) Castro Valley 24:39, 19. Randy Accetta (27) Oakland 24:40, 20. John Hancock (26) Stockton 24:44.

Overall Results - Women

1. Angelica Almeida (26) San Francisco 26:44, 2. Kathy Bowman (30) San Dimas 26:55, 3. Laurie Binder (43) Oakland 27:33, 4. Melissa Martel (30) Oakland 28:02, 5. Barb Myers-Acosta (33) Santa Cruz 28:26, 6. Rosy Tibaduiza-Cardenas (29) Reno, Nv 28:54, 7. Robyn Berry (26) San Anselmo 29:13, 8. Rebecca Chamberlain (24) San Jose 29:20, 9. Lisbet Engberg (27) San Francisco 29:28, 10. Betsy Swan (26) Woodside 29:38.

11. Karen Rowen (30) San Jose 29:38, 12. Honor Fetherston (36) Mill Valley 29:49, 13. Darlene Wallach (40) San Jose 29:51, 14. Christine Iwahashi (35) Sacramento 30:00, 15. Julie Matteson-Guzman (35) Los Angeles 30:03, 16. Sheri McCarroll (27) San

Jose 30:09, 17. Judith McCulloch (18) Palo Alto 30:18, 18. Susan Boon (32) Woodside 30:22, 19. Janet Smith (30) San Jose 30:29, 20. Kristin Jacobs (26) Los Gatos 30:44.

Division Results - Men

5 & Under: 1. Nathaniel Basanese 34:15, 2. James Halley 36:08, 6-14: 1. Alan Stucker (14) Gilroy 30:39, 2. Michael Kearney (11) Danville 32:32, 3. Nick Turtle (13) San Jose 34:11, 15-20: 1. Kenrick Sealy (12) San Jose 24:05, 2. Samuel Orellana (19) Sunnyvale 26:15, 3. Garrett Martin (20) Palo Alto 26:19, 21-29: 1. Jay Marden (28) Oakland 23:06, 2. Gary Lewis (27) San Jose 23:13, 3. Oscar Barreto (26) Pacific Grove 23:37, 30-39: 1. Alan Dehlinger (30) Reno, Nv 23:07, 2. Mark Conover (31) San Luis Obispo 23:08, 3. William Donakowski (34) El Soborante 23:25, 40-49: 1. Domingo Tibaduiza (41) Reno, Nv 23:45, 2. Michael Seaman (40) Pacific Grove 25:51, 3. James Tracy (41) San Francisco 26:22, 50-59: 1. Tim Rostegge (50) San Jose 27:27, 2. Jon MacPherson (50) Santa Rosa 27:44, 3. Joe Hurtado (50) Sunnyvale 30:16, 60-69: 1. Lloyd Anderson (60) Fremont 36:16, 2. Dick Yaeger (62) Aptos 36:43, 3. Hayami Fujii (60) Cupertino 37:05, **70 & Over:** 1. Terence Boynton (72) Cupertino 25:40, 2. Harry Harder (74) Reedley 43:17, 3. Albert Jarschke (78) Castroville 45:34, **Wheelchair:** 1. Jerry Deets (41) Santa Cruz 21:20, 2. Taylor Carey (42) Sacramento 22:55, 3. Donald Bearden (22) Milpitas 24:30.

Division Results - Women

5 & Under: 1. Brook Costello 49:38, 2. Lauren Sarbon 51:32, 6-14: 1. Maria Pleyte (13) Hollister 34:12, 2. Sarah Pitts (8) Santa Clara 38:43, 3. Ashley McCrea (8) San Jose 39:20, 15-20: 1. Judith McCulloch (18) Palo Alto 30:18, 2. Todd Dando (15) San Jose 35:45, 3. Erin Ruigley (15) Danville 36:01, 21-29: 1. Angelica Almeida (26) San Francisco 26:44, 2. Rosy Tibaduiza-Cardenas (29) Reno, Nv 28:54, 3. Robyn Berry (26) San Anselmo 29:13, 30-39: 1. Kathy Bowman (30) San Dimas 26:55, 2. Melissa Martel (30) Oakland 28:02, 3. Barb Myers-Acosta (33) Santa Cruz 28:26, 40-49: 1. Laurie Binder (43) Oakland 27:33, 2. Darlene Wallach (40) San Jose 29:51, 3. Juana Stavolne (45) San Jose 30:59, 50-59: 1. Karen Cox (52) Oakland 34:52, 2. Mary Ann Sullivan (50) San Jose 40:11, 3. Luise Muller (51) San Jose 40:12, 60-69: 1. Dot Weinstock (65) Redwood City 44:23, 2. Viola Kull (60) Fremont 1:08:02, 3. Alice Chamberlain (62) San Jose 1:17:37, **70 & Over:** 1. Jaclyn Caselli (70) San Jose 41:58, 2. Peggy Pridmore (70) San Jose 51:58, **Wheelchair:** 1. K. Lynne Carlton (36) Cupertino 28:19, 2. Roxann McMillan (40) Sunnyvale 31:25, 3. Laura McIntosh (14) Visalia 32:47.

Morro Bay 10K

No Date Available. Morro Bay, 10K.

Overall Results

1. Paul Lee (30-34) 34:44, 2. David Campa (18 & U) 36:57, 3. Larry Jamison (40-49)

39:28, 4. Barry Rice (40-49) 41:04, 5. Todd Barnes (35-39) 41:53, 6. John Roulstone (35-39) 42:17, 7. Tim Rustic (30-34) 42:47, 8. Joe Tomei (40-49) 43:57, 9. Greg Berry (25-29) 44:42, 10. Brian Scott (18-24) 44:58.

El Protector Run

10K & 2 Mile.

Division Results - Men's 10K

Overall Winner: 1. Jesus Pinero 33:36, 14 & Under: 1. Robby Higby 42:15, 15-18: 1. Jerry Sickler 40:16, 19-24: 1. Ricardo Martinez 35:14, 25-29: 1. Alfredo Vasquez 47:22, 30-34: 1. Lopez Hernandez 34:53, 35-39: 1. Paul Garcia 36:43, 40-44: 1. Tim Geisel 40:54, 45-49: 1. Isaac Melo 39:41, 50-59: 1. Ric Zamarrpa 39:33, 60-69: 1. Lee Thomas 48:27, **Wheelchair:** 1. Derek Brown 28:18.

Division Results - Women's 10K

Overall Winner: 1. Nancy Gaisneau 42:02, 15-18: 1. Chrissy Guadagnini 46:07, 30-34: 1. Carmen Monsibals 43:56, 35-39: 1. Heather Van Wagenen 47:52, 40-44: 1. Barbara Duenes 46:18, 45-49: 1. Darlene Kincaid 54:57, 50-59: 1. Glenna Morgan 49:52, 60-69: 1. Dorothy Thomas 52:13.

Division Results - Men's 2 Mile

Overall Winner: 1. Raymond Garcia 9:43, 14 & Under: 1. Anthony Pena 16:13, 19-24: 1. Pete Castellano 12:40, 25-29: 1. Jay Geary 10:43, 30-34: 1. John Robinson 10:10, 35-39: 1. Michael Miles 10:28, 40-44: 1. John Minney 11:42, 45-49: 1. Ruben Elias 15:31, 50-59: 1. Chris Denny 13:54, 60-69: 1. Ken Sager N.T.

Division Results - Women's 2 Mile

Overall Winner: 1. Mary Ambrose 12:38, 14 & Under: 1. Staci Kellas N.T., 15-18: 1. Jennifer Michels N.T., 19-24: 1. Anne Marie Alvarez 15:17, 25-29: 1. Magda Williams 13:24, 30-34: 1. Theresa Romine 16:20, 35-39: 1. Terri Herrera 18:50, 40-44: 1. Kathy Anderson 18:04, 50-59: 1. Pat Caffrey 20:13, 70 & Over: 1. Ruth Robinson 35:18.

Wildflower Runs

No Date Available. San Pedro Valley, 9 Mile & 5 Mile.

Overall Results - 9 Mile

1. Nikos Mourtos (33) San Jose 1:13:34, 2. Ken Gregorich (32) Oakland 1:13:35, 3. Patricia Story (42) Sacto 1:18:59, 4. Mark Richey (41) Oakland 1:22:36, 5. Jerry Lyster (51) Sacto 1:22:49, 6. Jerry Ratti (39) Oakland 1:26:33, 7. Anne Shikuma (30) San Mateo 1:27:43, 8. Richard Siciliano (45) San Bruno 1:29:59, 9. Terry Greiner (44) Pacifica 1:30:12, 10. Los Williams (30) Richmond 1:31:15.

Overall Results - 5 Mile

1. Mike Kostove (25) San Bruno 38:29, 2. Ken Cincelli (25) San Jose 40:47, 3. Lars Olav Erikson (25) Sunnyvale 41:02, 4. Bob Nielsen (36) Menlo Park 52:11, 5. Berry Stevens (41) San Mateo 53:32.

Running Cool: Drink

Dehydration is an athlete's worst enemy and is especially worrisome during the summer months with their high temperature and humidity. Dehydration can reduce a healthy, well-conditioned athlete to a wobbling, incoherent automaton—remember Gabriele Andersen in the Los Angeles Olympic Marathon? Heatstroke results when the body is unable to eliminate the heat produced by exercising muscle. However, long before heatstroke occurs, performance will suffer.

A healthy, 154 lb man loses approximately 2 1/2 quarts of water per day, assuming the air temperature and relative humidity are moderate and the man is relatively inactive. Water losses rise dramatically during exercise. The same man can lose 3 or more quarts of water per hour while exercising intensely in a warm environment. A moderate perspiration rate of 2 quarts per hour can result in fluid losses exceeding 4% of body weight. Body water losses of 2% of body weight will result in some decreases in performance, with 5% losses causing a substantial reduction in performance. Losses above 5% can lead to life-threatening problems such as heatstroke (see Figure).

It is crucial to your health and performance that you hydrate during training as well as during competition. Set up a regular hydration schedule for your practices—drink 8 ounces of fluid every 15 to 20 minutes, whether you are thirsty or not. Athletes often rely on thirst to let them know how much fluid they need to replace. However, thirst is not an accurate indicator of fluid needs during and immediately after exercise. Thirst will be satisfied before you drink enough fluid to ensure a hydrated body. Studies have shown that men who exercise in high temperatures usually drink at a rate of about 1/2 to 2/3 the rate of their water loss. Fluid intake must be practiced—protect yourself by drinking fluids regularly during practice and competition, even if you aren't thirsty.

To determine how much fluid to drink during exercise, weigh yourself nude and dry before a long practice session. During the practice, don't drink any fluid. After the session, again weigh yourself nude and dry. The number of pounds of weight you lost is equal to the number of pints that you lost. This is the amount of fluid you should consume during and after every exercise period. Each athlete should go through this routine as body losses are very individual; one person may lose substantially more than another.

Protect yourself from dehydration by consuming fluids regularly. Hyperhydration can help in preventing dehydration and can be accomplished in a number of ways. Drink 13 to 20 ounces of cold water 10 to 20 minutes before exercise. During normal exercise, drink 8 ounces of water or fluid replacement and energy drink every 15 to 20 minutes; cold drinks empty from the stomach most quickly. After exercising, drink fluid until your post-exercise weight equals your pre-exercise weight. Remember the old rule of thumb that it takes a pint of fluid to equal 1 pound of body weight. A good indicator of hydration is the color of urine—almost clear urine indicates adequate fluid in the body.

The type of fluid athletes drink is also important. Water, the traditional fluid replacement drink for athletes, has one drawback—it only replaces water. While replacing the water lost in sweat is critical, replacing glucose, the muscles' fuel, is important to performance.

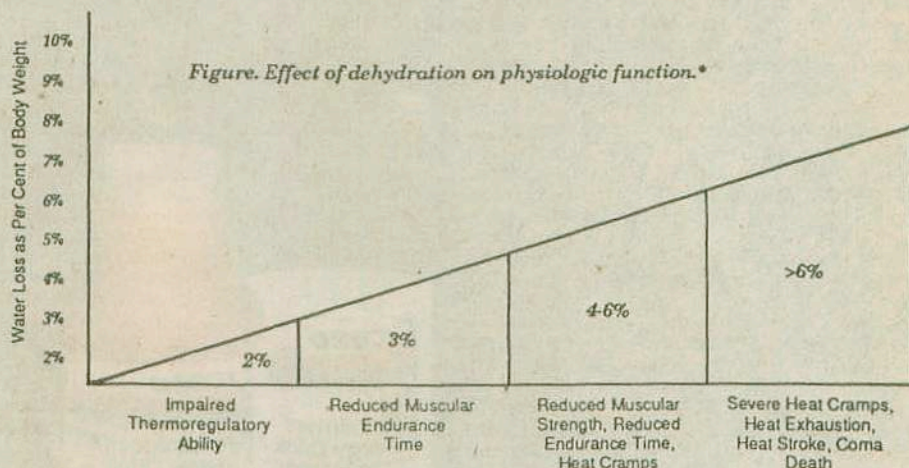
Many fluid replacement and energy drinks have been developed to provide both. However, most of them contain large amounts of the carbohydrate sucrose (table sugar) that makes them less suitable for effective fluid replacement. Normally, just over 1 quart of water can be emptied from the stomach and absorbed from the intestines in 1 hour. Drinks

that have a high carbohydrate content empty from the stomach more slowly.

Fluid replacement and energy drinks with carbohydrate in the form of glucose polymers (up to a 10% solution) have a gastric emptying rate comparable to that of water. In addition, since glucose is the form of carbohydrate used by the body as fuel, energy is available to the muscles rapidly. Thus, athletes receive adequate energy and hydration.

Remember, proper hydration must be practiced every day. Set up a regular hydration schedule for your practice sessions—drink 8 ounces of water or a fluid replacement and energy drink every 15 to 20 minutes whether you are thirsty or not. The price for not practicing good hydration is reduced performance. Maximize your performance by practicing fluid management as hard as you practice your sport.

Editor's Note: Article written by Keith B. Wheeler, PhD, and Angeline M. Cameron. Dr. Wheeler is Manager of Research and Education for EXCEED Sports Nutritionals at Ross Laboratories. Ms. Cameron is Sports Nutrition Editor/Writer at Ross Laboratories.



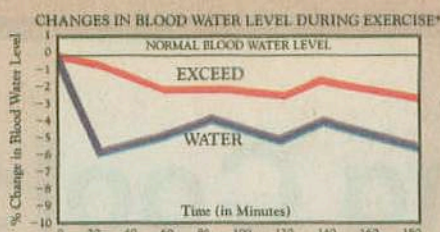
*Fluid Replacement in Physical Activity. Columbus, Ohio, Ross Laboratories, 1983

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Most athletes drink a lot of water during workouts and competition. Why? Because they assume that water is the best way to fight dehydration and prevent its negative impact on their performances. But the truth is, there's a drink that does the job better than water, and provides much needed energy. That drink is Exceed Fluid Replacement and Energy Drink.

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But research has proven that Exceed is actually better than water at maintaining essential fluids in the active body. With Exceed, the body rehydrates more efficiently than with water alone.

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Exceed and You

So remember: to perform at your best, you need effective rehydration and a steady supply of energy. And the truth is, Exceed provides both better than water.

*Ryan, A. J. et al. Med. Sci. Sports Exerc., Vol. 21, No. 1, pp. 51-58, 1989.

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